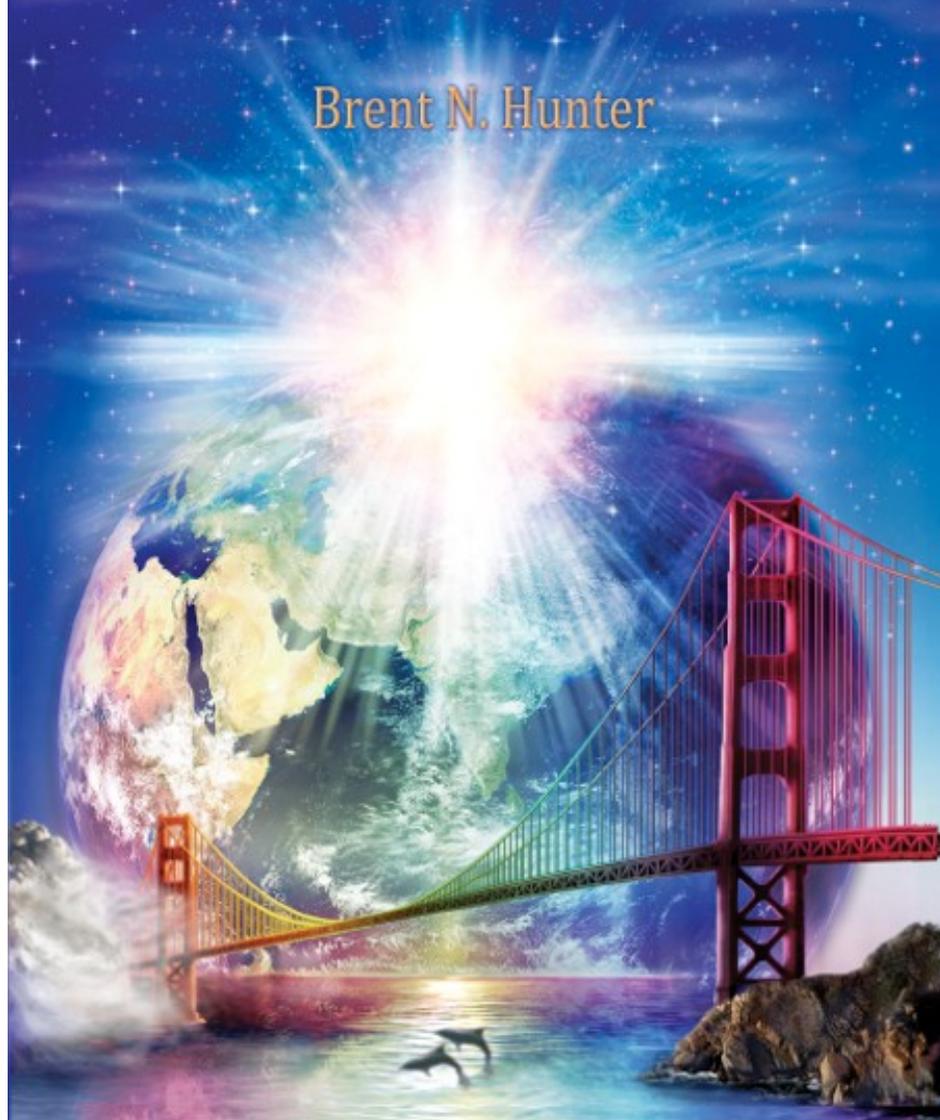


The Rainbow Bridge

Bridge to Inner Peace and to World Peace

Brent N. Hunter



“From the beginning of time all we’ve ever wanted is to love and be loved, and from the beginning of time all we’ve ever done on this planet is make it nearly impossible to experience our highest desire. That is because we have imagined in our illusions that one of us is somehow better than another. This idea of “betterness” has created divisions between religions, between cultures, between people and between nations. The idea is also a false thought, directly contradicting the greatest teaching of all religions in the world which, put into one sentence, reduces itself to a simple truth: We are all one. *The Rainbow Bridge*, a wonderful treasure conceived by Brent Hunter, is a demonstration of that truth that you can hold in your hand. Once held in your hand, you will hold it in your heart as well and it will illumine your soul.”

— Neale Donald Walsch, NY Times bestselling author of the five-book series *Conversations With God* (Books 1, 2 and 3), *Friendship with God* and *Communion with God*.

“Religions of the world are increasingly becoming more and more divisive. My Grandfather, Mohandas K. Gandhi, once said: Unfortunately mankind has learned just enough from religion to hate and not enough to love. He also said: religion is like climbing a mountain. Everyone is ultimately going to reach the same peak, so why should it matter which side of the mountain one chooses to climb? In his book "*The Rainbow Bridge*", Brent Hunter, exemplifies these Truths. If humanity is to be saved from utter doom it is important that all of us, individually and collectively, take the first step to learn from all the religions of the world that love is more powerful and positive than being consumed by hate. *The Rainbow Bridge* is the first step in the right direction.”

— Dr. Arun Gandhi, President, Gandhi Worldwide Education Institute (www.gandhiforchildren.org)

“*The Rainbow Bridge* is truly the bridge to world peace starting with inner peace – this is just what humanity needs right now.”

— William Gladstone, author of [*The Twelve*](#) and [*The Golden Motorcycle Gang*](#)

“Diversity in religion, spirituality and culture is an unqualified good for humanity. Gandhi said in his time that ‘The friendly study of other

religions is the sacred duty of each one of us'. Now more than ever we need to become experts of the major traditions of spirituality and religion. To do so will allow our collective understanding to see the common ground we all stand on in our various faiths. Brent Hunter is a person with a mission to spread the acceptance of pluralism around the world. His book, *The Rainbow Bridge*, is a gem reflecting rays of wisdom from all the traditions of the religions, pointing to the common ground among us. We must learn to be comfortable on this bridge because it is our future.”

— The late Dr. Brother Wayne Teasdale, author of *The Mystic Heart: Discovering a Universal Spirituality in the World's Religions*

“I highly recommend *The Rainbow Bridge* to everyone who cares about living meaningfully and making a difference in our troubled world. It is an inspiring book, focusing on important universal principles. At one level it is a book about our shared experiences of living, dying and dreaming. At another level, it is a book about responsibility for ourselves, each other and the world. *The Rainbow Bridge* is filled with hope and simple wisdom in the tradition of Lao Tzu that one can return to again and again.”

— Dr. David Krieger, Founder and President of the Nuclear Age Peace Foundation, and author of many books including [*Hope in a Dark Time*](#)

“Brent Hunter’s *Rainbow Bridge* wonderfully illuminates Einstein’s statement: ‘When the solution is simple, God is answering.’ This simple, profound and practical path, graced with marvelous examples, of how individuals and nations can live in peace is a must read for all. Thank you, Brent, for such a joyful and demonstrable book.”

— Bill Froehlich (writer-producer *MacGyver*, *The Outer Limits*, co-author [*U R THE SOLUTION*](#))

“In a world of frills, diversions and dangerous detours we find ourselves lost without true guidance. Once again Brent Hunter brings us the guidance we need from the essence teachings of the wisdom traditions. Just when we think we have met the wall a bridge appears. Take it.”

— James O’Dea, International social healer, peacebuilder, teacher, author and former president of The Institute of Noetic Sciences.

“This profound gem is packed with a deep well of insights and wisdom. Communicating in a heartfelt way, with a clear desire to unify humanity, Brent Hunter gives us a roadmap to the conscious evolution of humanity. A book to carry, consult often and give away to all those you care about.”

— Dr. Elisabet Sahtouris, author of [*EarthDance*](#)

“*The Rainbow Bridge* is a therapeutic trove of wisdom ---truly bridging all our traditions, beliefs and deepest aspirations for our human family and common future!”

— Hazel Henderson, author, [*Ethical Markets: Growing the Green Economy*](#)

The Rainbow Bridge

**The
Rainbow
Bridge**

Bridge to Inner Peace and to World Peace

Brent N. Hunter

Spirit Rising Productions
San Francisco, CA

Spirit Rising Productions

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(2011 eBook Edition, 10/10/11)

ISBN: ISBN 0-9714028-8-4

Library of Congress Control Number: 2011916994

Edition: Third

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Spirit Rising Productions
2261 Market Street, Suite 637
San Francisco, CA 94114

Visit our website at www.SpiritRising.TV

Cover art by Daniel B. Holeman
(web site: <http://www.AwakenVisions.com>)

Printed in the United States of America



*“Lose your head and
come to your senses.”*

– Fritz Perls

“In order for progress to occur,
two generations must agree.”

– From the movie [*Wag the Dog*](#)

Preface

2011 marks the 10 year anniversary of the first edition of The Rainbow Bridge. The expanded edition was published in 2003 and has since been translated into 23 languages by a team of amazing volunteers located around the world, to whom I remain eternally grateful. Within the core of all three editions you will find the universal principles. I have been consciously living my life according to these principles and their wisdom has stood the test of time. This ancient wisdom is as profound now as it was 10 years ago, and using universal principles now is more important than ever before.

This new edition increases the focus on inner peace and world peace, including special sections for concrete practical actions we can take to help shift our collective future in a positive direction.

“Believe nothing, no matter where you have read it or who has said it, not even if I have said it, unless it agrees with your own reason and your own common sense.”

—Author Unknown

Introduction

The intention of The Rainbow Bridge book is to create a bridge that will help lead humanity from our current world filled with poverty and violence to a wisdom-based global culture of unprecedented love, compassion, reconciliation, peace, harmony, unity and abundance.

We can indeed create peace and harmony on this planet and we have everything we need – right here, right now. What is needed is a permanent resolution to the problems we have as a collective human family. If we take it one step at a time, it's an achievable goal. But *how* are we going to take on this Herculean task?

We must start by understanding the current situation in which we now find ourselves. We must ask the most profound and yet basic questions such as “Who are we?” and “What is the purpose of our lives?” The great mystics and leaders from all of the world's major religious traditions have been teaching the same messages for thousands of years.

I've spent most of my life pursuing a spiritual path, engaged in the process of “becoming.” Having practiced transcendental meditation and other forms of meditation since age 12, I have been in pursuit of knowledge, wisdom and enlightenment through intense mental, introspective, psychological, physical, and spiritual studies. Being born part Muslim, part Jewish and raised as a Christian, with a father who had an intense interest in meditation and Buddhism, this journey has not always been easy. I discovered that the great perennial wisdom of all of the various religious perspectives was never available in an integrated form. After a series of profound spiritual awakenings and realizations, I recognized that one of my key life purposes is to illuminate the common ground in the world's major religions, revealing universal principles that apply to everyone. Thus, The Rainbow Bridge book was born.

The Rainbow Bridge is about inner peace and world peace. It includes profound esoteric wisdom of the ages in a style that is accessible to everyone regardless of ones' belief system, race, age, gender, culture, or background. The Rainbow Bridge will continue to grow into a series of books, systematically applying the universal principles to a variety of

fields, followed by the development of an inspiring, entertaining and educational board game, real-world discussion groups and presentations, a television series, multiple films, and an interactive web site where people can connect, network and participate in group collaborative efforts to make the world a better place for all.

The information in this book is the fruit of decades of hard work and study. The common ground I am about to unveil comes from my own direct experience – several years of extremely challenging and intense experiences, relative to the earlier times in my life. During this period of challenging, near-mythological ordeals while running a business, I kept notes of what I considered to be of vital importance. This book contains the information, knowledge, and wisdom gained while navigating through and beyond those rough waters.

In attempting to create my own way of understanding the world, I have integrated spiritual knowledge from my background and life experiences, which includes the core heart wisdom of the Bahá'í Faith, Buddhism, Christianity, Confucianism, Earth-based traditions, Hinduism, Islam, Judaism, Native American and Indigenous traditions, Taoism and more.

The Rainbow Bridge, with each edition, has represented my current stage of integration of wisdom. It is designed to be simple to read and simple to live. It is designed to assist people who are going through any kind of challenge, for those who are looking for inner peace, and for anyone who is looking for inspiration. The principles in this book can be applied to experience success, happiness, peace, joy, love, and overall bliss in one's life.

Prepare your mind and your heart, as it is our destiny to live in peace and harmony, internally and externally.



What is The Rainbow Bridge?

The name “The Rainbow Bridge” was chosen as the title for two reasons. The concept of a rainbow was used because it is a universal phenomenon that is seen all across the globe and represents unity – from a multitude of uplifting colors, a single rainbow exists. The concept of a bridge was used because a bridge allows us to get from one place to another, and often the destination would be impossible to reach were it not for the bridge. Bridges always bring two sides together.

Describing The Rainbow Bridge is like defining love; each person has their own unique perspective. The Rainbow Bridge is multi-faceted and means different things to different people. As one becomes more knowledgeable about The Rainbow Bridge, it will take on new and expanded meanings, interpretations and applications.

To some people, The Rainbow Bridge is also known as Humanity’s Bridge or The People’s Bridge. It is a universal bridge for all of humanity. When someone strives to use the universal principles contained in this book, they are said to be “on The Rainbow Bridge”.

There are numerous interpretations of The Rainbow Bridge around the world. Many people and cultures believe The Rainbow Bridge is a bridge from here to God, the Source, or whatever name you wish to use. This includes the ancient Norse legend that was featured in the movie “[Thor](#)”, as well as stories from native and indigenous peoples. Another Rainbow Bridge legend is told by the Chumash people, who originated on Santa Cruz Island. It is an inspiring and uplifting story involving dolphins and was recently featured in the movie “[Dolphin Tale](#)”.

The Rainbow Bridge is a bridge:

- Between ourselves and our higher selves.
- Between our heads and our hearts, individually and collectively.
- Between us and our beloved pets that have passed away.

- Between us and all other living beings.
- Between Earth and Heaven.
- Between the physical world and the etheric world.
- Between who we think we are and who we truly are.
- Between the present and the future.
- Between many and One; i.e., it is a vehicle to manifest **E Pluribus Unum** in the physical world. E Pluribus Unum is Latin for “**Out of Many, ONE**”.
- Between religions, races, people, groups, organizations, institutions and nations. It is a global, universal bridge for **THE PEOPLE**.
- Between our current global economic system which is based on competition, to a global economic system that is based on partnership, collaboration and harmony.
- The Rainbow Bridge is a bridge from war to peace and prosperity in the 21st century.

Due to the variety of ways The Rainbow Bridge can be perceived, it can be viewed as a diamond, with many unique and different facets. No matter which angle you view The Rainbow Bridge from, it leads to and is a desirable destination. Here are a few other ways that people perceive The Rainbow Bridge. One of the most well-known rainbow bridges is The Rainbow Bridge for Pets:

The Rainbow Bridge For Pets

The Rainbow Bridge for pets is a soothing poem and legend that has helped heal the hearts of many pet lovers around the world. It illuminates the permanent connection to their beloved pet, providing comfort that they will meet once again on the other side when they pass on. The anonymously written poem is as follows:

When an animal dies that has been especially close to someone here, that pet goes to The Rainbow Bridge. There are meadows and hills for all of our special friends so they can run and play together. There is plenty of food, water and sunshine, and our friends are warm and comfortable.

All of the animals who had been ill and old are restored to health and vigor. Those who were hurt or maimed are made whole and strong again, just as we remember them in our dreams of days and times gone by. The animals are happy and content, except for one small thing; they each miss someone very special to them, that special person who had to be left behind.

They all run and play together, but the day comes when one suddenly stops and looks into the distance. Her bright eyes are intent. Her eager body quivers. Suddenly she begins to run from the group, flying over the green grass, her legs carrying her faster and faster.

You have been spotted, and when you and your special friend finally meet, you cling together in joyous reunion, never to be parted again. The happy kisses rain upon your face; your hands again caress the beloved head, and you look once more into the trusting eyes of your pet, so long gone from your life but never absent from your heart.

Then you cross The Rainbow Bridge together....

Seen in this way, pet guardians have a permanent connection to their beloved pet.

This same concept applies to people. So, when a person passes away, that person is waiting for you at the other end of The Rainbow Bridge as well, so you have a permanent connection to them and you will meet that person again – once *you* pass on. This interpretation of The Rainbow Bridge is also in alignment with The Rainbow Bridge as a bridge from the physical world to the etheric world or from our current world to “the other side”.

Physical Rainbow Bridges Worldwide

There are a number of physical bridges around the world that are officially named “Rainbow Bridge”. Examples include but are not limited to the following:

1. Niagara Falls, between Canada and the USA
2. Jinze, China
3. Yinchuan, China
4. Dortmund, Germany
5. Kochi Kerala, India
6. Hiroshima, Japan
7. Tokyo, Japan
8. The Kyle of Lochalsh, Scotland
9. Seoul, South Korea
10. Penghu, Taiwan
11. Istanbul, Turkey (in process)
12. Oxford, England, UK
13. Tucson, Arizona, USA (in process)
14. Little Rock, Arkansas, USA
15. Berkeley, California, USA (in process)
16. Carmel, California, USA
17. Donner Pass, California, USA
18. Folsom, California, USA
19. Sausalito, California, USA
20. Fort Morgan, Colorado, USA
21. Oahu, Hawaii, USA
22. Boise, Idaho, USA
23. Riverton, Kansas, USA
24. Minneapolis, Minnesota, USA
25. Santa Fe, New Mexico, USA
26. Valley City, North Dakota, USA
27. Grove City, Pennsylvania, USA
28. Beaumont, Texas, USA
29. Navajo Mountain, Utah, USA
30. La Conner, Washington, USA
31. Chippewa Falls, Wisconsin, USA
32. Yellowstone National Park, Wyoming, USA

The Rainbow Bridge vision of peace comes from deep within the heart of humanity and is a global phenomenon. For beautiful photographs plus a regularly updated list of Rainbow Bridges around the world, please refer to www.TheRainbowBridge.org

Universal Principles

The universal principles in this book may be used as guidelines for living our lives to the fullest. They can be used to bring forth deep inner peace as well as world peace.

These are not rigid rules, they are principles that can be utilized during your journey as ideas to be explored; things to keep in mind and as paradigms to guide you in the process of navigating through the experience that we so confidently call “reality”.

The infinity symbols used throughout the book are reminders of our infinite true nature.

The universal principles are not necessarily listed in any particular order, although the first and last principles have been carefully placed as bookends.

Let us now drop from our heads into our hearts as we step onto The Rainbow Bridge and learn about the common ground, the universal principles, the universal truths that unite all people and all religions, and that can help lead us to inner peace and to world peace.



1

The Golden Rule

Many of us grew up learning that **The Golden Rule** or **ethic of reciprocity** is “Do unto others as you would want them to do unto you”.

Perhaps an even more powerful and modern way of expressing this principle is “Do not do to others as you would not want done to yourself”. Either way you prefer, this is indeed a cardinal rule that applies to all people everywhere.

This principle is extremely important.

*“Love your neighbor as yourself.
Everything else is commentary.”*

— Hillel



2

As You Think, So It Is

You will manifest what you focus on. Your thoughts and expectations about the way something should happen have a direct impact on how it actually happens.

The more time we spend thinking a certain thought, the more likely that it will turn into physical reality. Although we don't have SPAM filters for our thoughts, meditation is a powerful tool that can help us focus only on beneficial thoughts, and meditation can help reduce our thoughts altogether, which can lead to deep inner peace.

When scientists use instruments that measure waves, light appears to be a wave. When they use instruments that measure particles, light appears to be a particle. Life is the same way – we see what we expect to see; we experience what we think we will experience; we see what we believe we will see.

How do you know what you know?

Be careful what you think and believe

Don't believe everything you think

As You Believe, So It Becomes



3

Life Can Have Challenges

Remember that although these concepts are simple, they are not always easy. Seek support and assistance from other people of like mind. Friendship is important. For an excellent treatment of discipline and “getting over” something challenging in your life, please refer to Section 1 of [*The Road Less Traveled*](#) by Dr. M. Scott Peck. The basic premise is that once you accept that life can be challenging, you won’t be quite so upset when it is. The very moment we accept this truth, the challenge ceases to exist.

Although it can be extremely challenging, sometimes the best thing we can do for ourselves and for others is to accept what is.

*“Adversity causes some men to break;
others to break records.”*

– William A. Ward



4 Life

Most of us experienced a great deal in our lives... yet most of us are seeking more, something deeper.

Many of us realize during our journey that the more we learn, the less we know. It is when we make this realization that true learning can occur, because we become more open to the totality of our experience... not to mention that we begin to learn things we never dreamed were possible.



5 Death

Most of us think we know something about death. However very often we don't really think about it happening to us... and we certainly don't think of it happening to us any time soon. We feel invincible so we don't usually deal with the concept of death until it hits us.

However, the sooner we face our own death the sooner we can become truly free. And the sooner we learn something about death, the sooner we can help those who are dying or help those who are caring for those who are dying.



6

Life After Death

Life follows death.

This is one of the most important concepts in this book. Once we recognize this truth and the relationship of this concept to us as individuals in this lifetime, we learn that death is actually an incredible illusion. Indeed, there is life after death. Life never ends.

The concept of rebirth and resurrection is found in each religion; it is not specific or exclusive to any single religion. Therefore, the concept of being “reborn” or being a “born again” person is a concept that each of us can apply in our lives day to day, minute to minute and moment to moment.



7

The Path of Heart

Treat everyone with kindness, dignity, respect, and honor. If you can't be positive and inspiring to other people, then withdraw yourself from the situation so that you won't negatively affect them. Always respect the sacred space of others in public and non-public situations.

The Path of Heart has many implications, including extending trust and giving others the benefit of the doubt as much as possible. It's all about opening our hearts ever more deeply to ourselves and towards all other beings.

Be kind to all beings, whether or not you *think* they are living or sentient. Being kind includes not killing or harming other beings.



8

Forgiveness

Forgiveness is of critical importance in attaining inner peace. Forgiveness releases judgment; being forgiving frees your energy so that you can have more of what you want in your life, as opposed to holding on to what you don't want.

When we deeply understand and apply this concept, we discover that it is not only “nice” to forgive others but *it is in our own best interest* as well. Sometimes we need to apologize in order to be forgiven, so forgiveness and apology often go hand in hand. Forgiveness is a golden gift to both the giver and the receiver. Forgive others as well as yourself. Let go of judgment and in the process, you will free yourself.

You don't have to agree with or to spend time with others to forgive them.



9

Endless Connections

Everything in life is infinitely interconnected.

When we open our eyes to the wonder and beauty that surrounds us, we can begin to see that life is endlessly connected. Social scientists believe there are no more than six degrees of separation between any two people on the planet. This fact is astounding when we think about it. It's similar with situations and events.

This is yet one more reason to release judgments; in the grand scheme, the web of life is endlessly interconnected.



10

Love Your Neighbor

Love your neighbor, friend and foe alike. Love in this sense is not necessarily a feeling, it may be a deliberate action.

There is acquaintance love, fraternal love, familial love, tough love, romantic love, sexual love and all sorts of combinations and permutations of love.

Open your heart. Love everyone, beginning with yourself.

It's fun and it shows from the inside out. It's like our heart light is constantly shining and it is contagious.

The rewards come not only to those we love but also to ourselves, for as we learn and practice love and compassion we gain levity, lightheartedness and inner peace, which leads to world peace.

It's not necessarily easy, but it is simple.

Love yourself and others as if world peace depended on it, because it does (!).



11

Respect Your Elders

Respect, honor, and revere your elders. We have a lot to learn from their experiences, wisdom and knowledge. We must never toss aside our elders as is the predominant behavior and attitude in the United States.

Why do we do this to our elders? More than likely it is simply “because we can.” The frequent process of discounting the value of our elders is a completely irresponsible way of utilizing our vital resources. If you cannot see the value for their sake, do it for yourself, for you will be in their place in the future.

Respect our elders, they are our teachers and they are very important members of our human family.



12

Love and Compassion

Practice beaming love and compassion to everyone you encounter, especially people who evoke fear or disdain. People are mirrors for us; if you look into the eyes of another person and see something you think you don't like, it's obvious that you have found a challenge to overcome to accept that person, as well as that part of yourself.

Unconditional love and compassion by definition are not dependent on anything; these are to be given freely. As soon as there are strings or conditions, it serves the giver of love more than it does the intended receiver of love or compassion.

Practice unconditional love and compassion *for others* and *for yourself*. It significantly adds to inner peace and to world peace.

*“When compassion fills my heart, free from all desire,
I sit quietly like the earth. My silent cry echoes like
thunder throughout the universe.”*

— Jalal ad-Din Rumi



13

Being of Service

The very act of being of service to others is always empowering. Assisting others with heartfelt loving kindness connects us with the source out of which we all arise. It is one of the fastest ways to stop focusing on anything in your life that you think is not going your way. It takes energy to be of service, it takes putting aside your ego and ultimately, going beyond the ego to a place where there is no separation. Service can be a path to liberation and freedom. It also generates good karma.

*“If I am not for myself,
Who will be for me?
If I am only myself,
What am I?
If not now,
When”*

— Hillel



14

Karma Is Cause and Effect

Karma is the law of cause and effect; actions have consequences.

Do not harm others because it will come back to you; “what goes around comes around.” If the concept of being nice isn’t appealing, be nice for *yourself*, even if you don’t want to be nice for the other person’s sake. Your next life may be much sooner than you think, and naturally karma can kick in during this same lifetime as well.



Love and Friendship

Whether you're in love romantically or whether you're enjoying loving time with friends or family, the benefits of love and friendship are many.

Love in all its forms is the golden key. Love supports you, energizes you, inspires you, illuminates you, expands you, turns you on and of course love leads to ever greater states of peace, joy and bliss.

Love in its myriad forms is a portal that leads not only to inner peace, but also to a world of peace, happiness and ecstasy. The more we are able to love ourselves and others, the more others can love us. The more we are loved, the easier it is for us to love others.

Love, Love, Love, Love, Love.

“Let's be open to the gorgeous colors of the rainbow that make up love and friendship. Let's see the colorful results an ever-loving heart can bring to humanity.”

— Dea Shandera



16

A Radiant Spark of Light

Even our smallest actions can make major differences in the lives of others. The power of a smile, the twinkling of an eye and the impact of any individual action may appear insignificant but it is not. The small things that we do benefit others and have untold ramifications for the generation of positive karma in your present and future lives, and in the lives of others.

Never underestimate the power of one person to make a difference in the world... let that radiant spark of light be you.

“People will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

— Maya Angelou



17

Paradox and Mystery

Expect paradox and mystery on your journey; expect to go beyond your rational mind. Use your heart and mind to go beyond your mind. Go beyond the dualistic worldview of right/wrong, good/bad, above/below, positive/negative. There is a place that exists outside of these realms; this is referred to as going beyond the dualistic world, beyond the dual world, beyond the veil and “out of the matrix”.

This is very important.

*“Out beyond ideas of wrongdoing and rightdoing,
there is a field. I will meet you there.”*

— Jalal ad-Din Rumi



18

The Greatest Mystery

Think out of the box; connect with something beyond yourself, whatever words you choose to use to describe the source or your concept of the source...the source of you, the source of your thoughts, the source of all that exists.

It appears that there are times when The Source chooses to make itself known beyond the shadow of a doubt. During such times, if an individual attempts to deny its existence by the rational mind, tremendous conflict can ensue. We are one and the same as this never-ending, timeless, universal source of consciousness.

This is of critical importance.



19

Find The Silver Lining

Challenges in life can be the very impetus for our growth and liberation. Alchemists refer to this as turning lead into gold in the heat of the fire.

One of the toughest challenges we face is to *find* the silver lining; this is an active process and it can be easy, even if not at first. You have a right to find that silver lining, it is always there for those who seek it. Your openness to it will make it easier to see.

Another helpful thought is to seek out the divinely comedic nature of life, for humor is very healing and can cure many ills.



20

The Present Moment

The only time we have is now; the past is gone and the future has not yet arrived. The present moment is all there is. Learn to live in the present moment, it is precious. If you think about it for a while, you'll see the profound wisdom in this simple concept.

The time is now

Enjoy it

Celebrate it

“As soon as you honor the present moment, all unhappiness and struggle dissolve, and life begins to flow with joy and ease. When you act out of present-moment awareness, whatever you do becomes imbued with a sense of quality, care, and love — even the most simple action”.

— Eckhart Tolle



Through the Looking Glass

One of the most amazing experiences we can have is to discover the non-dual world that transcends our typical experience of life. Returning to the “real world” matrix is not necessarily easy. Once you have stepped through the looking glass, there is no way to unlearn what you have learned.

One of our greatest challenges is to return to the “real world” with the knowledge we have gained. It is vital to bring the gifts of love, compassion, wisdom and understanding back to your everyday life and to share these gifts with others...to be “in the world but not of it.”



Temet Nosce

Temet Nosce means “Know Thyself” in Latin. This is a very profound statement, for there are things that are completely and totally unknowable by anyone other than yourself.

In the process of learning about yourself, seeking assistance and guidance from others can be very helpful. However there are times when you must ultimately decide certain things for yourself no matter what anyone else says – no matter if it is your parents, clergy, experts, psychics, gurus, or anyone else. There are times when looking outside for guidance can actually be detrimental to you – your center is always within you. Seek within to connect to your own direct knowledge. You always have the answers within.



23

Standing Up

Remember that you cannot always please everyone and sometimes the very best thing you can do is to stand up, straighten your back, hold your head up high, and meet your own needs.

The importance of this is shown to us every time we fly in an airplane. The flight attendants always tell passengers to put the oxygen mask on yourself *before* you put the masks on other people sitting next to you – including children and elders. Unless you take care of yourself, it won't be possible for you to fully take care of anyone else.



Ask For What You Want

This sounds easy but sometimes the hard part is not asking for what we want but first knowing what we want. If we don't know what we truly want, it is difficult to ask for it. Sometimes the hardest part is to learn enough about yourself to know what we truly want...this comes from learning; this comes from self knowledge; this comes from discernment.

Become clear about what we want from ourselves, from others and from situations. Then stand tall and ask for what you want.

Ask and You Shall Receive

"Everything you want is out there waiting for you to ask. Everything you want also wants you. But you have to take action to get it."

— Jack Canfield



25

Taking Responsibility

In times of stress, uncertainty and doubt, it is easy to give up hope and to think that everything happening to you has nothing to do with you.

In almost all situations, it is more empowering and ultimately more beneficial for you to take full responsibility for your thoughts, feelings, actions and choices.



Dedication and Commitment

Dedication and commitment to oneself, to others, to work, and to life itself can sometimes require deep faith and persistence. Sometimes things don't come easy but with dedication and commitment, the forces in the universe converge and deliver.

Commitment and dedication are especially important when you are looking for the support of other people. If you do not demonstrate serious levels of commitment and dedication, others may understandably lack confidence in you. Part of commitment involves how seriously we take our spoken words. Always do what you say you will do, as this gives others reasons to trust you.

When you demonstrate commitment and dedication in any type of relationship, you will find that others will be much more likely to show you such dedication and commitment.

One definition of “insanity” is doing the same thing over and over again while expecting a different result. A good way around this conundrum is to try new and different approaches, always keeping in mind the goal you have and not necessarily insisting that the one specific path to get to that goal is the only way to get there.

There are many ways to get past an obstacle—over, underneath, around, or through.

“When we feel stuck, going nowhere – even starting to slip backward – we may actually be backing up to get a running start.”

— Dan Millman, author of [*Way of the Peaceful Warrior*](#)



Truth and Honesty

It is to everyone's benefit to be truthful, honest, and genuine in your words and in your actions.

There are times when it just seems easier to not tell the truth or to be less than honest. It is during those times when telling the truth can come at a cost. When we tell the truth, it is ultimately empowering because we are doing what we know to be right.

Truth and honesty are the right things to do, and are excellent traits to display in all areas of our lives.



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Timing and Sequence

There are times when we are motivated to not do anything, to relax, to let things be, and go with the flow. However, there are also times when we are motivated to be in action mode. When stepping into the mode of action, it is important to consider two things with whatever we are doing.

The first is the timing of our actions.

The second is the sequencing of our actions; sometimes this is easy to forget.



Not “If,” But “How”

When you are attempting to manifest something that you desire in life, it is helpful to act with a deep belief that you will in fact see the desired outcome.

Don't wonder *if* you will be able to do something – wonder *how* you will do it, wonder *when* you will do it and wonder *under what circumstances* it will happen.

If you haven't been given the consciousness to know *how* something will happen yet, then act with a deep conviction, a deep knowing, that it will happen and it will indeed happen. The importance of this concept cannot be overstated, for sometimes answers and solutions are provided only after we move forward with deep faith.

Acting from a sense of knowing that you will create what you want increases the probability of actually attaining it, whatever it is.



30

Balance & Moderation

Seek balance and moderation in all areas of your life to move closer to deep inner peace.

In some circumstances, it's to your advantage to use not just moderation but extreme moderation.

Imbalances are not always easy to see... they can be our "blind spots."



31

Surrender

There are times in the dream of life when things don't appear to turn out the way we wanted them to. There are times when it is clear that the outcome was out of our control and there is nothing else we can do. During such times, it is important to "surrender" to the situation. Indeed, sometimes it is the only choice we have. In such situations, we can gracefully surrender to the situation as it is, or we can struggle and suffer, kicking and screaming along the way.

Although this might be easier to say than to do, it's a very important concept to remember along the journey of life.



Meditation and Sitting

Sometimes the best thing you can do is to meditate, to “just sit”, or to “just be”. Sometimes just sitting and contemplating is deeply centering. There are many ways to just sit, including a large number of different meditation techniques. *Just relax and be with yourself.*

Sometimes when we are sitting or not sitting, getting out of our heads and into our hearts is the best thing – and often the only thing – we can do for ourselves in certain difficult periods of time.

Sitting can lead to surrender, to acceptance and to deep inner peace.



Dynamics of the Ego

We often hear about people who have “big egos”. We read that the ego is something to overcome, something to slay, something to get rid of. However I believe the best way to think about the ego is that it can be transformed. One of our goals is to transform the ego from being self-centered to being other-centered.

Seen in this light, it’s not bad to have a transformed “big ego” because it makes us more effective at manifesting things that are for the good of humankind. Being centered on meeting the needs of others is another way of saying that we are being of service.

Another way of noticing the transformation of the ego is when we begin to identify with the unity of all life. At this point we realize that our notion of separation is an illusion, and that we are actually completely at one with everything. Transcending our notion of being a separate ego-based individual is a profound transformation that occurs in our lives when we are open to experience it. When we recognize that we are actually no different than The Source, our ego either seems like a small and insignificant part of the vast universe or we realize that we are one with it. Indeed, nothing is the same as everything.



34

Expect Changes

Expect the unexpected and have no fear. Things change; be willing to release your grip, your control and your attachments.

There are very few guarantees in life. However death and change rank near the top, so it only makes sense to come to terms with the fact that life is not permanent and that it will change. This is a very profound way for us to learn to live in the present moment and to experience the bliss and perfection that is always here.



35

Don't Take Things Personally

Sometimes things happen in life that have nothing whatsoever to do with us and yet we ascribe meaning to these situations as if it did.

Sometimes we're at the grocery store, a clerk is rude to us, and we react. The clerk could be going through a rough time in life. Rather than thinking "How could they be so rude to me!" don't take it personally and just let the person have their bad day. When we don't take things personally, we can often see situations more clearly, more objectively, and with less frustration.



36

Peaks and Valleys

Vital energy is often experienced in peaks and valleys, and in ebbs and flows which are a natural part of life.

Another way to describe these fluctuations is to say that vital energy shifts or is transformed at times. It is important to know that energy doesn't disappear, it just gets transformed into different forms of energy. When energy isn't appearing in an abundant fashion, conservation can be helpful.



The Darkness

Sometimes we have to experience the pain of darkness and suffering in order to more fully appreciate the light. Sometimes we have to enter the hot and dry desert in order to more fully appreciate the deliciousness of the oasis. Sometimes we have to taste bitterness in order to fully appreciate sweetness. Sometimes we must experience the Dark Night of the Soul.

The dark is thus the catalyst that can facilitate a greater appreciation for the gift of light.

*“A rainbow appears in your own tears
if you’ll look to The Light.”*

— Pastor Rick Warren



38

Moving On

Reactions and emotions such as fear, anger, jealousy, pride, etc., are all within your control. Other people can try to push your buttons but the buck stops with you when it comes to what you think, what you say, and what you do. This may not be easy, but it is always in your control. Although it might seem harsh, sometimes we have to “just get over it” when it comes to dealing with the circumstances that arise in life.

*“Our problems and our pain don’t
necessarily go away, but we can
take the focus off of them by engaging life
and appreciating the moment
that life brings us with
every single breath that we take.”*

— Jim MacLaren,
from [*The Good Life*](#) by Jesse Dylan



39

Don't Panic!

There are times when the weight of the world seems heavy on our shoulders. Sometimes the discoveries we make and experiences we have are shocking and difficult. Sometimes we can become exhausted, overwhelmed, and even disoriented. Indeed, our very sense of reality can become challenged. This is exactly what happens when the mental, rational, and intellectual mind is pushed beyond its limits.

During times such as these:

- Let go of panic
- Let go of fear
- Breathe deeply
- Seek out the support of others
- Trust the process



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Breathe

Breathe! Seriously, sometimes it is incredibly helpful to just stop and take deep breaths. Focus on your center, find the spot within where the peace resides, and breathe into that space. If you think you can't find any kind of inner peace, focus on where you think the peace is, where it could be, or where you want it to be.

If all else fails, don't think about anything – just take deep breaths and feel the energy and life force coming into your body.

This is important.

*“Breath is the link between your body,
your spirit and your mind.”*

— Sri Sri Ravi Shankar



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Trust

Have trust and keep the faith no matter what you *think* is happening. Don't get hung up on differences between trust, faith, etc... the base concept is the same. Keep your mind, body and soul focused on whatever it is that you want.

No matter how long you feel you have been struggling or suffering, keep the faith... there is light at the end of the tunnel.

The **Dedication and Commitment** principle (#26) is important with respect to the issue of trust.

“Where there is faith, there is harmony, unity and love.”

— Amma



Let Go of Fear; Become Fearless

As Franklin D. Roosevelt once said, “the only thing we have to fear is fear itself.” This is a truly profound statement.

Sometimes fear is completely natural and can be a powerful ally. However sometimes our fears are based on false assumptions (**F**alse **E**vidence **A**ppearing **R**eal). It is this type of fear that is to our benefit to eliminate or reduce. Courage is when we act in the face of fear.

Reducing our fear or acting in the face of it is not always easy. Seek out others who you can learn from, who support you, who empower you, who inspire you and who uplift you. Friendship and love are important in overcoming fear.

“Courage is being scared to death... and saddling up anyway.”

— John Wayne



Focus on What You Want

Our minds are extremely powerful and cause whatever we focus on to manifest in physical form. In order to manifest a desirable outcome, it is important to focus on the outcome that we wish to manifest versus the outcome that we wish to avoid. If we spend an inordinate amount of time thinking about everything we *don't* want, we have that much less time and energy to focus on what we *do* want. Focus on what you want, and then work hard to make it happen.

This is closely related to **The Power of Thought** principle (#45).

*"Determine that the thing can and shall be done,
and then we shall find the way."*

– US President Abraham Lincoln

*"You are never given a wish without also being given the power to make
it true. You may have to work for it, however."*

– From [*Illusions*](#)
Richard Bach



Acting “As If”

If you’re not sure about your ability to do or have something, act “as if” something were already true—this is a very powerful way to achieve success. Act with a deep conviction that the reality you desire already exists, and it will increase the probability.

For example, if you are participating in a sports competition and feel strongly that you will win the event, you will pull out all the stops: you will exercise long and hard, you will watch your eating habits, you will get plenty of sleep, you will be 100% focused, etc. You act “as if” you know deeply that you will win. You do what it takes to win the race, knowing all the while that you are going to be successful.

On the other hand, if you don’t really think you will be successful, then you may cut corners while exercising, you may eat extra snacks, and you may not focus your mind as intently as you otherwise would. In the latter case, you are not acting as if you will be successful. In the former case, acting as if you were already successful increases the chances of attaining success.

This principle is strongly related to the **Not If, But How** principle (#29).



The Power of Thought

Our thoughts are extremely powerful. Our thoughts are the seed of physical manifestation.

Our minds are similar to radio stations; we can “tune in” to many different thought forms. It is up to us to decide what stations we want to tune into. Our minds not only receive information similar to radio stations, but they also transmit information. Remember that we have the power to “change the station in our mind” if we don’t like the thoughts.

Be conscious of the thoughts you have— anything is possible with focused attention, intention and action.

Focus, Focus, Focus

Concentrate

Don’t Necessarily Believe Everything You Think

*“If you can conceive it in your mind,
then it can be brought to the physical world.”*

— Bob Proctor



Interpretation

Mastering interpretation is of great importance. The experiences that we have in our lives do not always have inherent meaning; we create meaning based on how we interpret the things that happen. It is helpful to make an effort to always use the most empowering and uplifting interpretation for yourself and others.

For example, if one knows that our energy naturally comes in ebbs and flows, one is less likely to interpret the fluctuations as something that we have brought upon ourselves.

Another example of the importance of interpretation – what does the word “jihad” mean? It means *struggle*. Everyone must deal with the *internal* struggle between the ego, id and superego; the *internal* struggle between the heart and mind, and of course the *internal* struggle between the ego and The Source, in whatever name you wish to use.

This is very important, and practice makes a big difference.



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Perspective

In order to arrive at the most inspiring, uplifting and empowering interpretation of any given situation, it is helpful to approach it from a different perspective. Often when we can view a situation from someone else's perspective, we can see the situation in an entirely new way.

Try to understand different perspectives and you'll be amazed at what is revealed to you.

This is very important, and practice makes a big difference.

“The greatest discovery of all time is that a person can change his future by merely changing his attitude.”

— Oprah Winfrey



Information & Wisdom

Our ability to understand our lives, to form the most inspiring interpretations, and to have the most useful perspective is dependent upon the information and wisdom to which we have access.

For those of us who are fortunate enough to use the Internet, it provides unparalleled doorways to information, knowledge, and connections to people worldwide.

Stay tuned into and informed about what is happening on the Internet; the global brain and heart are awakening in cyberspace. Information, knowledge, and wisdom are ever present and available for those who seek it out.



Discernment

From *Webster's Revised Unabridged Dictionary* (1996):

Discernment \Dis*cern'ment\, n. The power or faculty of the mind by which it distinguishes one thing from another; power of viewing differences in objects, and their relations and tendencies; penetrative and discriminate mental vision; acuteness; sagacity; insight; as, the errors of youth often proceed from the want of discernment.

Some types of discernment come only through experience, over time, and with knowledge of one's self. What is discerned by you, may not be discerned in the same way—or at all—by others. Look within to discern knowledge directly.



There Is Always More

Sometimes we can have awakening or enlightenment experiences that significantly expand our consciousness. This can lead to the blissful experience of feeling like we are at one with the cosmos; where the inner becomes the outer; where the macrocosm becomes the microcosm, where above becomes below and below becomes above, etc. At that point, we can feel like we know everything there is to know. This can sometimes be dangerous because we can have secondary and tertiary awakenings where we realize that there is more to learn.

There is no end to consciousness, information, knowledge, and wisdom. This realization can either be daunting or it can give rise to tremendous inner peace as we stay in the present moment.

“A human soul may be thought of as an opening through which Infinite Energy is seeking a creative outlet.”

— Emmet Fox



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Follow Your Heart

We normally guide ourselves by using our rational mind. While the mind can be a powerful tool, when we are faced with difficult decisions, it helps to remember that we have an entirely different faculty for helping us make decisions: our heart, our intuition. I believe that we can almost never make a wrong decision when we follow our hearts. We may make what we *think* are mistakes from time to time, but even these situations lead to learning, personal growth, and a deeper sense of knowing who you are and what is important to you.

If you are ever in doubt whether to follow your mind or your heart, follow your heart for direct knowledge.



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**Music —The
Universal Heartbeat**

Music is a universal language that unites people from all walks of life, all cultures, and in all corners of the world. Music soothes and heals the heart, body, mind, and soul. Music helps bring us to an inner place that is outside of time and space, and music brings us closer to peace, joy, and bliss.

“Music is the voice of all humanity, of whatever time or place. In its presence we are one.”

– Charlotte Gray

“Music washes away from the soul the dust of everyday life.”

– Red Auerbach



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Mystical Love

“The way of love is the great way.

When we love, we want to love totally, completely. But when we love, loving a person or falling in love with God, the Absolute, our love fails us. We say, “I will love you forever.” How quickly we get caught up in other events, other interests. Non-love is our ordinary state.

To learn the way of love means to train in eternal love, ceaselessly loving. To keep loving, like breathing itself – never being distracted from this involvement in love. Then we enter into a new state – then we experience mystical love. This is an entirely new state of human evolution.”

– Venerable Lama Kunzang Rinpoche



Express Appreciation

Express gratitude and appreciation for what you have. Don't take anything for granted.

Whatever you focus your attention and intention on will expand. When you spend time being appreciative of what you have, that area of your life will grow and increase.

If you feel that you're not getting everything you want in life, think of the things you don't get that you don't want (seriously!).



Listen to Others

Often when we are trying to listen to others, we spend time thinking of what we are going to say next, which gets in the way of us completely listening to the other person. Active listening is a skill that may require effort but it is well worth the time and effort. Learn to truly listen, for then you will be heard.

“If we are speaking, we are not listening or learning anything to add to our sum of knowledge. This is why the first step to effective listening is to stop talking!”

– Ken Fracaro

“The most basic of all human needs is the need to understand and be understood. The best way to understand people is to listen to them.”

– Ralph Nichols



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Share With Others

Learn to give freely, for then you will open yourself to fully receive.

Very often, giving or sharing what we ourselves have been previously denied or what we have little of can be very healing. What you give will be returned to you at least tenfold.

Give and share what you can, when you can, while you can. You will feel great.



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Patience

We all know that patience is a virtue. It is often easy to be patient when we know *why*. Given the *reason*, we feel confident that our patience will lead to the result we wish to have. When we don't know *why* we need to be patient or we question that it will lead to our desired outcome, this is when it can be much more difficult and yet even more important.

For example, we all know we need to wait for a flower bud to open. We know that if we try to open the petals of a flower before it's ready, we will destroy the flower and not see the beauty we were seeking.

Another example is the real-world miracle of a caterpillar transforming into a butterfly. The metamorphosis process includes a period of time in which the caterpillar is no longer a caterpillar, and not yet a butterfly; it is in a state of disintegration and chaos, yet also a state of reorganization and integration.

Due to lack of patience, we might be tempted to open the cocoon before the butterfly is ready to emerge. However being tightly wrapped in the cocoon is a very important part of the birth process. The pressure of the cocoon, and the attempt to emerge from it, pushes the blood to the ends of the wings and helps them fully develop. If we were to open the cocoon before the butterfly was ready to emerge, the butterfly would be harmed and would not be able to fly. Knowing this reason, it is easier to be patient.

In both of these situations, if there is lack of patience and outside pressure is exerted, damage will most likely occur. So one of our most important lessons is to be patient *even if we don't know why* or if being patient will lead to the outcome we desire.

“How does one become a butterfly?”

“You must want to fly so much that you are willing to give up being a caterpillar.”

– From *Hope for the Flowers*
Trina Paulus

This principle must be carefully balanced with **The Present Moment** (#20) and **Surrender** (#31) principles, and using the **Timing and Sequence** (#28) principle, remembering that it is always beneficial to be patient, relaxed, and non-judgmental in the present moment.



No Permanent Character Judgment

Do not judge others; view others as mirrors to learn more about yourself and to practice compassion.

Most of us constantly make judgments of one kind or another, especially about other people. It's best to not judge at all. However if we do judge, at least consciously make them temporary judgments. It's not helpful to permanently put a person into a certain category: they could have had a bad day, a bad month, a bad year, or a bad decade (seriously!). Just as it's not useful when you are permanently labeled by someone else, it's not useful to do this to others, or to yourself.

“If you judge people, you have no time to love them.”

– Mother Teresa

“Hate the sin, love the sinner.”

– Mahatma Gandhi



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Live and Let Live

Learn to allow, for then you will be free.

Sometimes we need to agree to disagree. Even in disagreement we can be in agreement. Respect and love can prevail even when disagreement is present.

As we allow others to “just be,” we learn how to appreciate them exactly as they are. To the extent we do this for others, inner appreciation for ourselves flourishes. As we let others have the freedom to be who they are, we gain the freedom to be who we are. Freedom to be who we truly are leads to inner peace. Freedom to let others be who they are leads to world peace.

This principle must be carefully balanced with **The Path of Heart** (#7), **Balance and Moderation** (#30) and other principles, always consciously seeing others as another aspect of ourselves to love, accept and integrate.

You don't have to agree with others in order to let them be; to let them live.



Life is a Dream

Things are not always as they appear; life is an illusion... life is like a dream and life *is* a dream.

We can accelerate the awakening process through the conscious practice of lucid dreaming. Lucid dreaming is the experience of knowing you are dreaming while you are still dreaming at night. This not only allows you to affect the outcome of your dreams, but lucid dreaming also shows us that what we focus on (including what we fear) can often be what shows up in our dreams... and in our lives.

Just like we can become lucid and wake up when we're dreaming at night, *we can also become lucid during the daytime dream of life.*

*“The universe is
dreaming itself awake.”*

— Paul Levy



Notes on Synchronicity

Synchronicity is the regular occurrence of “meaningful coincidences”; the incidence of events that seem to be meaningfully related.

The more we are drawn into the dream of life, the more we become conscious of the incredible synchronicities that constantly happen all around us. To the extent that we understand what synchronicity is and make a point to be open and on the lookout for it, we will see and experience synchronicities with greater frequency. The experience of life becomes ever more magical, more blissful, and more filled with awe and wonder.



Notes on Learning

As stated previously, one of the challenges along the way is when we learn something really profound, because it can lull you into a sense of feeling like you know everything there is to know. Then, when you least expect it, you will get another lesson that teaches you that there is more.

Just like trying to find our way out of a labyrinth or maze, we sometimes return to situations and lessons we thought we had already mastered... and then we learn a new paradigm or a better way. Our ability to focus our mind, our attention, and our intentions are good examples of lessons we can return to repeatedly.

There are times in life when we feel that we are “in school.” To the extent that you are hanging out with a group of people and you feel that you are “in school,” this can be a good sign. It is important to note that there are many schools of thought, and that exploration can add clarity to your learning and growing experiences.

The seminar of “life” on Earth is something we all share in common as fellow world citizens – we’re all in it together and new things to learn are always available to us.



Notes on Decisions

We almost always make the right decisions based on the information in front of us. The problem is usually that we lack accurate and/or complete information whether we realize it or not. Therefore, the key to making decisions that lead to positive outcomes is *to ensure that we are using current, accurate and complete information.*

Through earnest conversation, we can gain new perspectives and interpretations. In terms of ensuring that we access and utilize the best information, open conversation is of critical importance in solving interpersonal problems as well as the world's problems.

As we will soon discuss in greater detail, one of the reasons the world is in a state of massive disarray is because we lack a smoothly functioning global operating system and because we are not using all of the information we have access to. When we are able to fully apply universal principles to all of our decisions, the world will become completely different.

Many decisions can be made by following two down-to-earth rules of common sense that are highlighted in Richard Maybury's book *Whatever Happened to Justice*:

1. *"Do all you have agreed to do."*
2. *"Do not encroach on other persons or their property."*

In addition to all of the universal principles we have explored, the simple and straightforward concepts of being responsible and having respect for all others is common sense. When it comes to international affairs, *following universal principles is common law based on common sense.*

The quality of our lives and the lives of all of humanity rests in the decisions we make, individually and collectively. Let us choose to use all of the information we have at our disposal, including universal principles in every area of our lives. To exercise full responsibility, we must use all of our knowledge, wisdom and consciousness. Let us choose to live out

our greatness by fully engaging ourselves in the fulfillment of our awesome destiny since it is indeed our destiny to live in peace and harmony worldwide. What decisions will humanity make? What decisions will you make?



Notes on Putting It All Together

While reading this book, you may have been frustrated at times because some of the principles seem to contradict others. Going within to find the answers and “thinking out of the box” can be helpful in putting the pieces of the puzzle together.

Here is an example. *Walking The Path of Heart* calls for treating everyone you meet with love, dignity, honor and respect. Another principle we’ve discussed is standing up and meeting your own needs. Other principles we’ve covered are being honest, truthful, and genuine. How do all of these fit together? What if we meet someone we really don’t like? Shouldn’t we meet our own needs, be truthful, be authentic, and let them know what we *really* think?

Being nice to someone you don’t like isn’t
being two-faced, it’s being mature.

The key to answering this question is to know whose interests are being met when you make a decision to take such an action. If you encounter someone that rubs you the wrong way and you still respect, honor and treat them well, you are meeting their needs and you are sending out positive energy to the world. In a small but definite way, you are making the world a better place. If you insist on telling that person how horrible they are and how they should change their ways, you are meeting your own needs. That person (no matter how right *or* wrong you are) will not be uplifted. One way to get around this conundrum is to take yourself away from that person – to love them from a distance – and later talk it over with your friends to get it out of your system in a genuine way by speaking your truth.

*“When the choice to be right or to be kind,
always make the choice that brings peace.”*

– Dr. Wayne Dyer

There are times in life when practicing the concepts, such as the one described above, takes more energy out of you than you have or want to

give. Love is an active process that requires time and energy. It is important to take care of yourself and to meet your own needs. The only person that can truly know what decision to make in such situations is you.

Learning to strike a balance between meeting your own needs and meeting the needs of others can be a major life challenge and learning opportunity.

It can often be very helpful to read books, to see movies, to seek the advice and counsel of others, and to see how other people are handling similar situations, but at the end of the day, all of our

answers can be found within. Seek within, look inward to discern your own inner truth and don't stop until you experience inner peace, joy and bliss.

Trust your intuition, follow your heart, and follow your bliss.



*“He who lives in harmony with himself
lives in harmony with the universe.”*

– Marcus Aurelius

A Bridge to Inner Peace

We all have a desire for peace, happiness and joy in our lives. To the extent that we can experience greater levels of peace within ourselves, we can then more easily be at peace with our friends, family members and all people in general.

*“Men are at war with each other because
each man is at war with himself.”*

– Francis Meehan

Meditating is a deep and profound practice which can help you find your center any time, especially during challenging times. Here are a few examples of Rainbow Bridge meditations that can help facilitate inner peace as well as world peace, no matter what is going on. Please understand that I use the words “The Source” or “Higher Power” in an attempt to use universal words for whatever name or names you might use; use whatever name you feel most comfortable with.

Sitting/Walking/Running Meditation:

As you are sitting, walking or running, imagine a rainbow bridge that connects your head, your heart and your entire body to The Source. Imagine you have a permanent connection, imagine you are not alone and can never be alone, and imagine receiving love, information, knowledge, wisdom, and energy from the Source across The Rainbow Bridge.

Breathing Meditation:

Imagine a rainbow bridge that connects your head, your heart and your entire body to The Source. Imagine that every breath you take in is vibrant energy and refreshing air that comes into you from the other side of The

Rainbow Bridge. Imagine that every time you exhale, you exhale air and energy to the other side of The Rainbow Bridge, establishing an even deeper connection with every breath you take in and let out.

Energy Meditation:

As you are sitting, imagine a beam of golden white light that comes from The Source, and that it enters you from the top of your head. This golden white light with rainbow-colored shimmering sparkles goes down into your head, down your neck, down your spine, then to the base of your spine, and through the base of your spine to the center of the Earth. Imagine that this rainbow bridge of light connects, cleanses and energizes each area of your body. It also connects you to your Higher Power while firmly grounding you to Mother Nature and to planet Earth.

Meditation/Prayer Between Head and Heart:

Close your eyes and imagine a golden white ball of light in the center of your head. Now imagine a golden white stream of light, shimmering with the various colors of the rainbow, going from the center of your head to the center of your heart. As this stream of light lands in your heart area, imagine a ball of golden white light forming around your heart. Your head and your heart are now connected. Meditate on the strong connection that is now formed between your head and your heart. See energy flowing back and forth through this rainbow bridge of light to and from your head and heart. Imagine how this bridge connects and integrates you. Know that it exists and helps you become at peace and at one with yourself and with all of humanity.

Meditation/Prayer for 2 or More People:

Close your eyes and imagine a golden white ball of light in the center of your chest. Now imagine a stream of golden white light, shimmering with the colors of the rainbow around the edges, going from your heart to the heart of the other person or persons you wish to connect with. Know that this rainbow bridge of light and love connects your heart, mind and soul. Feel how this bridge of light connects you to the other person or persons and know that it is real.

Rainbow-Colored Kundalini Serpent Meditation:

As you are sitting or standing, imagine a rainbow bridge of light in the

form of a coiled-up serpent that starts from the base of your spine, rises up your spine and up your neck, and goes out the top of your head and into The Source. Imagine that this rainbow-colored kundalini serpent and bridge of light connects you powerfully to your Higher Power.

The Rainbow Bridge Trinity Meditation:

This meditation helps connect us to other individuals and groups of people. By envisioning a rainbow bridge connecting our heart to someone else's heart, another rainbow bridge connecting our head to another person's head and a third rainbow bridge connecting our eyes to another person's eyes, we create a very powerful connection to the other person. We might wish to perform this meditation with someone we love, and we also might wish to perform this meditation with someone we don't get along with to help bridge the gap between the two of you. This meditation can be used prior to conversations that might be challenging, as it creates a triple bridge (heart, head and eyes) between you and the other party. This is a particularly powerful meditation and prayer.

Meditate with Beings on the Other Side:

This meditation is a modified version of The Rainbow Bridge Trinity meditation described previously. By connecting in this way with people or pets on the other side of The Rainbow Bridge, not only do we feel more connected to that person or pet, but we can also merge with that being's consciousness. Merging with another being's consciousness is a powerful way to experience being connected and at one with the universe; this meditation can also be the doorway into experiencing and knowing that you are no different than The Source of all that is, and gaining the precious realization that everything else is an illusion.

Meditate the Helix Nebula Into Your Heart:

Some people have heard of the amazing Helix Nebula, which has also been dubbed "The Eye of God" due to the eerily eye-like appearance in the sky (you can see a picture of The Helix Nebula on the back cover). The Helix Nebula is a trillion mile long tunnel of dust, rocks and cosmic matter that is pointing to our planet. This phenomenon can serve as a meditative tool to ponder the meaning of life, the purpose of our existence and for connecting to the vast, open-ended nature of the universe. We can also utilize the existence of the magical Helix Nebula to imagine love, wisdom, information and energy coming from the Helix Nebula into our

heart and body, filling every strand of our DNA with powerful new energy and wisdom, and we can envision being “plugged into the universe” by the very act of imagining being connected in this way via a glowing rainbow bridge of light.

Meditate Your Intentions/Prayers Into The Helix Nebula:

This meditation is a modified version of the above meditation. In this version, you can imagine rainbow bridges of light connecting you and your entire body, mind and soul to the Helix Nebula, right into the Eye of God. When doing this meditation/prayer, imagine that you are connected directly to The Source. Being directly connected to The Source by a rainbow bridge of light into and through the Helix Nebula, you can send prayers and intentions from your heart directly into The Source. This is an extremely powerful way to meditate, pray and to express appreciation for the miracle of life.

Meditating The Vision, Future and Desired Outcome:

This meditation is another version of the previous two meditations. In this version, you can imagine yourself sitting comfortably with your back straight, breathing naturally, fully feeling the relaxation and perfection in the present moment, and imagine what future you would like to have for yourself, your loved ones, your community and for all of humanity. Be specific and just let it flow in the most inspiring, uplifting and empowering manner. Rather than focusing on what we don't want, envision the desired outcome and feel how you will feel when you have achieved the desired result. Know that it will happen. Then let it go, as if letting go of a helium-filled balloon that catches the wind and rises to the heavens.

Lover's Rainbow Bridge Meditation:

You can do this meditation with or without your beloved sitting next to you although it is even more powerful if you are together physically. Close your eyes and take a few deep breaths. Each of you should imagine a golden white ball of light in the middle of your chest. Use the power of your imagination to see a powerful beam of golden white light, shimmering with the colors of the rainbow around the edges, emanating from your heart and entering the heart area of your partner. Take a few deep breaths and feel how good it feels to be connected heart-to-heart.

Now imagine a golden white ball of light in the middle of your head, and see a bright beam of golden white light sparkling with the colors of the rainbow, emanating out of your head and gently entering the head of your partner. Relax and take a few more deep breaths.

Now that your heads and hearts are completely connected, imagine hundreds, then thousands, then millions, then billions and then trillions of beams of rainbow colored light going to and from every cell, atom, quark and neutrino in your body to and from every cell, atom, quark and neutrino of your partner. Know that you are completely connected, completely merged, completely at One with one another, at peace with yourselves and with the world, in harmony and in bliss.

Circumpolar Rainbow Bridge Meditation:

The late Mayan scholar and global advocate for systemic change, Dr. José Arguelles, created a beautiful “Circumpolar Rainbow Bridge Meditation” to help manifest The Rainbow Bridge to Peace. Here is the short form:

“Visualize yourself inside the Earth’s octahedron crystal core (with two red and white sides on top, and two blue and yellow sides below). In the center of this core is an intensely blazing point of white light. An etheric column extends North and South from the blazing center to the tips of the octahedron.

Coiled around the etheric axis like two strands of DNA, are the red and blue flux tubes. In the crystal core are four time atoms. A red time atom is strung on the northern axis, and a blue one on the southern. The gravitational plane of the octahedron emanates horizontally from the center point. Along this plane are two more time atoms, a white and a yellow one, which turn like paddle wheelers making a counterclockwise motion around the center.

Now visualize that from the center of the crystal a great stream of multicolored plasma-filled light flows along the axis toward both of Earth’s poles, shooting out from them to become two rainbow bands 180 degrees apart. As Earth revolves on its axis, this rainbow bridge remains steady and constant, unmoving.

Next take the whole vision of the Rainbow Bridge around the Earth and

place it in your heart. Imagine the two streams of rainbow light rushing through your central column, shooting out from above your head and beneath your feet to create a Rainbow Bridge around your body. Now you and the Rainbow Bridge are one. The Rainbow Bridge of world peace is real. Visualized by enough people in a telepathic wave of love, The Rainbow Bridge will become a reality.”

The Rainbow Bridge World Peace Meditation:

Sit down in a quiet place and go comfortably inward. Just breathe and experience the sensation of your breath entering and leaving your body, close your eyes and imagine you are part of a large group of people around the world, hundreds of millions or billions of people, each who are imagining a rainbow bridge connecting their heart, mind and soul to their higher power, and connecting their heart, mind and soul to every other person and being in the world, connecting businesses to businesses, connecting institutions to institutions and connecting nations to nations.

Envision large waves of energy running to and through you and into the other people around your local town, your state, your country to all other local towns, states and countries. Now imagine looking at the Earth from far away and see it covered by a large web of electric rainbow-colored light.

Imagine people in towns and countries around the world, dancing in the streets, celebrating wisdom and success and peace – inner peace and world peace.

Imagine how you are an integral part of a much larger whole, feel how completely connected you are and how completely you are at One with everything all around you. In your mind or out loud, speak the words “Peace begins with me”, “Peace”, “Unity”, “Oneness” and “And so it is”.



*“We must learn to live together as brothers
or we will die together as fools.”*
– Martin Luther King, Jr.

A Bridge to World Peace

As we are aware, the world is filled with beautiful stories of miracles, amazing good works being done by many people and institutions, and breakthroughs that continue to take place in every field of endeavor. At the same time, we are also aware that the world is plagued with multiple simultaneous crises ranging from widespread poverty, to war and crime, to global economic instability, to the climate crisis, to natural disasters of biblical proportions and more.

“Our world faces a true planetary emergency.”

– US Vice President Al Gore

Clearly, there is an urgent need to resolve our problems in order to decrease suffering and to help usher in a new age of peace and prosperity. The time for peace is at hand – it is time for us to put aside our differences and make way for unity amidst our diversity, to create bridges of understanding, and to work with one another side by side for peace. There is nothing more important.

The world around us is a reflection of our individual and collective minds. Therefore, world peace will arise when a tipping point is reached and where great numbers of people are experiencing increased levels of inner peace in their own lives, regardless of what is going on around them. This is why inner peace is so important not only for ourselves but for the world. Each of us has a responsibility to make it a priority to find peace within – for all of our brothers, sisters and children of the world.

By reaching our own inner peace we can be at peace with those who live with and around us. Peace and joy starts within ourselves, then with our families, our friends, our cities, our states, nations and finally, with the entire world.

We will now continue to learn how universal principles and our expanded consciousness can be used to help bridge the gap between war and peace in the 21st century.



“Any sufficiently advanced technology is indistinguishable from magic.”

– Arthur C. Clarke

Life and Conscious Evolution in the 21st Century

We live in a completely infinite, totally open-ended universe. With the advent of the Internet, literally billions of people around the world can be linked and communicate with one another instantaneously. This miraculous capability, along with further advances in technology means that we have the ability to – individually and collectively – consciously focus our attention and intention to mutually co-create anything we want to create. There is no limit when we marry technology with universal principles and heart-based, positively-focused intentions.

Life in the 21st century is fundamentally different than any other time in our history. It is beneficial to remind ourselves that we live in a new era because it really makes a difference in how we think, what we expect and what we believe will unfold now and in the future. A major aspect of life in the 21st century is the conscious evolution of our species.

“You and I are essentially infinite choice-makers.

In every moment of our existence, we are in that field of all possibilities where we have access to an infinity of choices.”

– Dr. Deepak Chopra

One of my favorite thoughts is “in a world of infinite possibilities, it is irresponsible to be pessimistic”. We owe it to ourselves, our children and to future generations to be fully conscious humans, knowing that it is in our power to take part in co-creating a new reality that is heart-based and filled with cooperation, collaboration, partnership, unity, harmony, reconciliation, inner peace and world peace.



“What we appreciate, appreciates.”

– Lynne Twist

The Law of Attraction in the 21st Century

The Law of Attraction, as featured in the book and DVD “[The Secret](#)”, is a fundamental law or great truth of the universe. However, the way the concept has been shared so far has been narrowly focused on how individuals can manifest what they want in the physical world (such as cars, houses, boats, perfect partners, etc.) by the power of the mind and emotions. There are a number of important ingredients missing and you’ll see there are many more secrets than just one.

Although experiencing “[The Secret](#)” is a good start to open to new ways of being, the Law of Attraction can be used in a much more expansive manner to serve humankind and the planet. I believe the next-generation understanding and use of the Law of Attraction and next stage in our evolution will occur when millions of people use the Law of Attraction to collectively co-create a better world that works for everyone. With the power of the Internet, we have the ability to collaborate with one another, person by person and group by group, with shared and highly focused intentions, to co-create a positive and sustainable global future for all generations to come.

The soon to be launched Rainbow Bridge’s Earth Communications Center is a socially responsible international communications infrastructure and social network that will facilitate and enable such communications and co-creation/collaboration.

A very exciting development that is starting to take hold is the “Department of Peace” concept. This concept is rooted in the understanding that whatever we focus our attention and intention on is what we manifest, and that if we spend some of our resources on a cabinet-level Department of Peace, we will significantly accelerate the peace-building and peace-maintenance process. In the US, the process is being spearheaded by The Peace Alliance and the Student Peace Alliance, where local grassroots chapters have been formed in all 50 states. Internationally, a global movement for Ministries of Peace and

Departments of Peace is being spearheaded by Global Alliance for Ministries and Departments of Peace. Although a strong military might be needed for *defense*, it is time that we start to spend our time, energy and trillions of dollars focusing on peace, and the efforts to build Ministries and Departments of Peace will go a long way toward bringing us closer to our collective goal of world peace.



*“Not only is another world possible, she is on her way.
On a quiet day, I can hear her breathing.”*

– Arundhati Roy

Earth’s Global Operating System in the 21st Century

The key purpose of a computer operating system (OS) is to equitably distribute the resources of the system. Just imagine if a computer had no operating system; any program could secure and utilize all of the CPU power, all of the hard drive space, all of the memory and all of the peripheral devices. This would make it nearly impossible for any other program to run very efficiently.

Today’s world is a highly complex, completely interconnected and interdependent system and yet the world does not have a single, smoothly functioning, sustainably-designed global operating system¹. Therefore, it is no surprise that the world’s resources are not being distributed equitably and why there is so much widespread poverty and violence in the world.

During my conversations about this subject over the years, I’ve noticed that people invariably have fear and trepidation about the idea of any form of global government. This probably comes from the fact that many governments currently do not adequately serve the needs of their People. Many are fearful about any single person or group having too much power. These concerns assume that the implementation of global governance takes the form of existing governmental models. We don’t need to be bound by our past models or ways of thinking; we can create any system we want for The People. We just need to consciously focus on what is needed and to be aware of what didn’t work well in the past and continually improve upon it, always remembering that all peace and justice causes are always about serving The People.

When architecting a smoothly functioning global operating system, it is best to design a system that is of, for, and by The People. Governments are meant to work for The People, not the other way around. Let us never forget that in a democratic republic, when The People lead, the leaders follow.

*“My tenure will be marked by ceaseless efforts
to build bridges and close divides.”*

– United Nations Secretary-General Ban Ki-moon

It is clear that we have massive global problems that require global solutions. It is sensible to recognize the need for some type of global system of governance – a global operating system – and to do what it takes to create a system that works for everyone. If we can send people to the moon and back in spaceships, if we can send an enormously powerful telescope into space to record some of the most spectacular images ever seen, if we can send probes to the far corners of the known universe with spectacular precision, we can certainly create a global operating system that honors life in all of its precious diversity, and ensures the equitable distribution of resources for all people regardless of where they live. Once we do this, many people will be pleasantly shocked because they will learn that not only is there more than enough to go around for everyone, we actually live in a completely abundant universe. Once we modify energy companies into people-serving non-profit organizations or utilities, research on alternative clean energy technologies will dramatically increase until we find a clean and reliable alternative to the use of petroleum. Fortunately there are many technologies that are highly promising including using the sun, water and air as fuel, transforming air into clean water (which can be used to drink or for fuel), etc. We have such an exciting future ahead of us but we must take concerted action to come together to turn the possible future into the actual future.



“Universal responsibility is the best foundation both for our personal happiness and for world peace, the equitable use of our natural resources, and, through a concern for future generations, the proper care for the environment...”

— H.H. the 14th Dalai Lama Tenzin Gyatso

The Global Commons

There is a large and growing number of people around the world that recognize that the air we breathe doesn't belong to any nation or group of people – it belongs to all of us. The same concept applies to the water and the land. A strong case could be made that these resources don't even belong to us, but rather that we are the caretakers, the guardians of the Earth's precious resources.

We are here on Earth for a short period of time and one of our responsibilities is to leave our surroundings better than we found them. This is a fundamental premise in many organizations such as the Boy Scouts, Girl Scouts, 4H Clubs and countless other groups around the world. It is also deep and natively-available wisdom that is found in the hearts and minds of many people worldwide. The concept of leaving something better than we found it creates the possibility that we step outside of ourselves, out of our normal ways

of thinking and being, to a more conscious and compassionate way of viewing the world around us. The air, land and sea belong to The Global Commons. This very important concept becomes common knowledge in the 21st century, and world citizens working for the common good are guardians, stewards and protectors of the Global Commons and everything in it.



“I like to believe that people in the long run are going to do more to promote peace than our governments. Indeed, I think that people want peace so much that one of these days governments had better get out of the way and let them have it.”

– US President Dwight D. Eisenhower

Jubilee and Debt Forgiveness

The practice of a “Jubilee” is an ancient practice spanning thousands of years that helps ensure balance and harmony, and that celebrates life, forgiveness and redemption. Traditionally, the Jubilee involved a release from indebtedness and all types of bondage. Prisoners and captives were set free, slaves were released, debts were forgiven, and property was returned to its original owners. One of the benefits of the Jubilee was that both the land and the people were able to rest and be replenished. This “resetting of the clock” essentially restored balance and benefited all, just as a rising tide lifts all boats. Given the state of our unbalanced world, perhaps a carefully planned Jubilee is just what we need to help restore balance, communal harmony and peace.

If you have ever played the game “Monopoly”, you know there is a point in the game where one person has a lot of houses, hotels, property and money. After a certain point, it is literally impossible for others to get caught up much less to win. In a very real way, our world is similar to a giant game of Monopoly in the sense that there are a very small number of people who control the vast majority of the world’s resources and the majority of people are just trying to survive.

“Global poverty is a powder keg that could be ignited by our indifference.”

– US President William J. Clinton

Roughly half the people in the world struggle to survive on less than \$2 per day. Even if we take into consideration currency differences and barter arrangements, the enormous gap between those who have and those who do not have is widening and is grossly out of balance. It is horrifying

to know that according to the United Nations, more than 16,000 children starve to death every day. Since it takes roughly 3 weeks for a person to slowly starve to death, there are roughly 336,000 children in the process of starving even as you read this sentence. A Jubilee would help pave the way for an entirely new global system to emerge where every world citizen has the right to life, liberty and the pursuit of happiness. Many details would need to be worked out to ensure a smooth and positive result, but a well-planned Jubilee and “reset switch” would help restore balance and harmony in the world.



“A good plan today is better than a perfect plan tomorrow.”
— From the movie [*Wag the Dog*](#)

The Rainbow Bridge World Peace Plan

There has been a great deal of discussion amongst world leaders and leading thinkers about the creation of a “Global Marshall Plan” or “Global Commons Plan”. Although we will eventually figure out how to live in peace and harmony without the type of financial currencies that are in use today, we need to create a bridge to this new world. The Rainbow Bridge World Peace Plan/Global Commons Plan is designed to utilize universal principles in the implementation of a global stimulus and jobs-creation program. We have created a 20-year long World Peace Plan/Global Commons Plan to help stabilize the global economic system, to help bridge the gap between and transform our old economic system based on competition to a global economic system based on collaboration, partnership and harmony. Our plan includes working with other Global Marshall Plan and Global Commons Plan organizations to bridge our organizations and create a single unified plan. At its core, our plan involves creating a pool of funds where resources are distributed and all decisions are made at the global level using universal principles. The Rainbow Bridge World Peace Plan will create jobs and stimulate local, national and international commerce and friendship through various community-development programs such as food, water and energy projects; housing and community center projects; educational projects; transportation, bridge and road-building projects and more. Our 20-year long-term plan applied at the global level would create order out of the currently unstable global economic system. It would create a global network of financial and cultural bridges between people from all walks of life, religions, races, cultures, organizations and nations. Such an approach makes clear sense – global problems require global solutions and nothing less than a smoothly functioning global operating system will help ensure the survival of our species.



*“We are the people the world has been waiting for...
and now is the time to act as one.”*

– Adapted from
A Message From The Hopi Elders

A Bridge in Time

As we travel across The Rainbow Bridge together, with the collective intention of creating a positive sustainable future that works for the greatest number of people in the world, we are traveling across a bridge in time together. We travel together from our present moment to a time in the future, whether that time is 10 seconds from now or 10 years from now. The common ground that we have under our feet is the common ground found in the world’s major religions, and this common ground is the universal principles illuminated in this book. The Rainbow Bridge is therefore a bridge to the future: our future of peace, harmony, unity and prosperity.

“We have the opportunity to build a Rainbow Bridge into the Golden Age. But to do this, we must do it together with all the colors of the rainbow, with all the peoples, all the beings of the world. We who are alive on Earth today are the Rainbow Warriors who face the challenge of building this bridge.”

– Brooke Medicine Eagle Daughter of the Rainbow,
Crow and Lakota medicine woman

The concept of a bridge in time or a bridge to the future is extremely powerful. Since The Rainbow Bridge is deliberately global and includes and honors all people from all walks of life in all corners of the globe, The Rainbow Bridge is by definition strong enough and wide enough for all people in the world to travel across. As we move forward together as world citizens, on any common activity such as setting up brother and sister cities worldwide, planting trees, building bridges of understanding, envisioning the future we wish to create, helping to create the new global operating system, establishing an International Magna Carta, or collaborating in many other ways to co-create a positive future, we need

to do so in a coordinated, harmonious and a unified fashion. It is for these reasons that The Rainbow Bridge is also a bridge from me to we and it is a bridge between many to One. It is a bridge to heart-based unity consciousness, Oneness, harmony and peace, both inner and outer.

“This would be a time when all the esoteric teachings of the world's traditions will be revealed, so there will be no secrets, no reason to fear each other, or to be in conflict. This is certainly what is happening now. Many are Rainbow Walkers... they are walking across The Rainbow Bridge to a new time.”

– Oh Shinnah, medicine woman from Tineh (Apache),
Mohawk and Scottish origin



*“If there must be trouble let it be in my day,
so that my child may have peace.”*

– Thomas Paine

2011/2012/2013 and Beyond

The years of 2011, 2012 and 2013 mark a very important time for humankind. It marks the end of *and a new beginning* of 2000, 5000, 26000 and longer year cycles in the Mayan calendar. Some Mayan scholars believe the ending and new starting date is December 21, 2012, while others put the date at October 28, 2011. Regardless of the actual date, right now we are “in the zone” of when the old cycle ends and a new cycle begins. I have been so fascinated by this topic that I calculated that roughly 40 years ago we were at 99.9% of the way toward the end of a 26,000 cycle; it is for this reason alone that I believe the exact date is nowhere near as important as understanding what this date and period of time signifies. We have an incredible opportunity to consciously evolve to our next stage of evolution as a species, from our adolescent stage to our adulthood stage. Seen in this light, roughly 2011 and beyond represents a time of enormous expansion of consciousness, joy and abundance, both individually and collectively.

It is very important to know that most – if not all – of the world’s major religions refer to an ending of time and a beginning of a new time, a new era. For example, Bahá’í teachings refer to the coming Golden Age of international community; Buddhists refer to a time of darkness being followed by an auspicious time of joy, peace and happiness; Christians refer to an apocalyptic end time followed by peace; Hindus refer to the ending of the Kali Yuga and beginning of the Satya Yuga or Golden Age of peace and prosperity; Jews refer to the “End of Days” followed by the Messianic Era; Muslims believe the new time will be marked by the “Day of Resurrection” followed by an era of peace; Native Americans and Indigenous peoples around the world speak of end times and a new time of peace and harmony with the Earth and all beings on it, and a fully developed concept of the end of the world was also established in Zoroastrianism.

Is it possible that we are now in the prophesied time of an ending and a new beginning, as predicted by all of the world's major religions, in their different ways of describing the same concept and phenomenon? Is it just an accident that the Mayan calendar accurately predicted the end of a major cycle and beginning of a new cycle, and that the major religious prophecies all agree that there will be an ending of one era and a beginning of a new era?

While we should definitely not be afraid of these times, it is also important to know about some of the predictions that are being made; it is better to deal with life with our eyes open versus burying our heads in the proverbial sand. Some people feel that 2012 marks a time when a reversal of the magnetic poles on the planet will begin; that the Earth will be hit by major coronal mass ejections and solar flares from the sun; that the planet's tectonic plates are shifting and that we will see a major increase in natural disasters of biblical proportions and there are many more predictions of dire circumstances. We are already seeing what appears to be an increase in the number and severity of these and other natural disasters. Clearly the climate crisis is an emergency and we must take unified action with regards to finding a solution to the peak oil challenge much sooner rather than later.

While none of us know for sure what the future holds, I feel it is imperative that we not create a self-fulfilling prophecy of doom and gloom. Regardless of what will happen, it is important to approach our problems as adults and to be cool, calm, collected and rational. Regardless of whether you believe there is any validity to humanity experiencing an ending cycle and a new start cycle, and regardless of whether we will see even worse cataclysms, we are being called to be conscious and to uphold a vision for the most inspiring and most positive future for all of humanity. The fact that we are faced with multiple simultaneous crises is actually an enormous opportunity, for if there was ever a time when we need to come together in a global, concerted, unified fashion, that time is now. We need each other to survive, and we need to put our heads and hearts together like we've never done before on a global basis, to collectively manifest a better dream for all of humankind. We also need to drop the arrogant notion that some of us are better than others; we are all equals and we all have the same intrinsic value – each of us is priceless beyond measure.

Again I am reminded of the thought that it is irresponsible to be

pessimistic in a field of infinite possibilities. We can envision that the massive international collaborative effort to ensure there were no computer interruptions due to the Y2K computer bug (as we moved from 1999 to the year 2000) was a practice exercise. It prepared us to work together collectively now as an international community to achieve a common goal – the positive and sustainable future of humanity. The Rainbow Bridge can help during any transition, during a “changing of the guard”, in governments, corporations or organizations of any kind. The Rainbow Bridge can serve as a bridge in time, a vehicle in consciousness, to the positive and exciting future that we all wish to experience.

“After the game is before the game.”

– Sepp Herberger

As John Lennon said, “A dream you dream alone is only a dream. A dream you dream together is reality”. There are millions of people around the world who sense that something isn’t quite right and that the time for major change has arrived. Fortunately, millions of us are coming to the same conclusion and are coming together in a peaceful way to help bring about a new world that works for all. A powerful example of people coming together to celebrate a new era starting in 2012 is an initiative described in Jack Canfield and William Gladstone’s new book, *[The Golden Motorcycle Gang](#)* (www.goldenmotorcyclegang.com). The book describes how people around the world are coming to the realization that they have a purpose in life, a mission to serve. In conjunction with the concept that a major new cycle of time is starting on December 22, 2012, there is a major global birthday celebration that is being planned. This exciting global event is being facilitated by Barbara Marx-Hubbard’s Foundation for Conscious Evolution, Jack Canfield’s Transformational Leadership Council, Stephen Dinan’s The Shift Network and many others (www.Birth2012.com).

There are a stunning number of additional people and organizations who are all doing powerful work in their communities and in the world to help bring about “The Great Shift of the Ages”, including but definitely not limited to the organizations listed elsewhere in this book and the following:

- Amnesty International

- Association for Global New Thought
- Bill and Melinda Gates Foundation
- Bioneers
- Center for Conscious Creativity (C3)
- Center for World Indigenous Studies
- Cetacean Society International
- Chopra Center
- Clinton Global Initiative
- Common Peace
- Dan Millman's PeacefulWarrior.com
- Dream Change
- Dream University
- Earth Charter Initiative
- Earthdance
- Empower the UN
- Esalen Institute
- Foundation for Mind Research
- Gandhi Worldwide Education Institute
- Global Alliance for Transformational Entertainment (GATE)
- Global Movement for Children
- Humanity's Team
- Human Rights Watch
- Institute of Heartmath
- Institute of Noetic Sciences
- Integral Institute
- International Humanities Center
- International Peace Bureau
- Intersections International
- James and Salle Redfield's Global Prayer Project
- Lou Gossett Jr.'s Eracism Foundation
- Martin Luther King Foundation
- Media, Entertainment, Technology, Arts (META)
- Nuclear Age Peace Foundation
- Omega Institute
- One.org
- Pathways to Peace
- PeaceLink
- PeaceLink Live!
- Peace One Day
- Search for Common Ground
- Shari Arison's businesses and foundations

- Sir Richard Branson's Virgin Unite
- Skoll Foundation
- Student Peace Alliance
- Synergy Foundation
- The Charter for Compassion
- The Club of Budapest
- The Disclosure Project
- The Gorbachev Foundation
- The Hunger Project
- The Oprah Winfrey Foundation
- The Pachamama Alliance
- The Peace Alliance
- The Twilight Brigade
- United Nations Foundation
- United Religions Initiative
- Water.org
- World Citizen Foundation
- World Commission on Global Consciousness and Spirituality
- World Future Society
- Worldwatch Institute

and many, many more. For a frequently updated list of people and organizations, please refer to www.TheRainbowBridge.org .

What cannot be overstated is that we are in a time of unprecedented opportunity. The 2012 phenomenon and this time in general is a time when each of us is being called to examine our priorities, to look at our lives and at our beliefs. Collectively, the opportunity we have as a species and a single family of human beings is nothing less than choosing the preservation of our species and all life on the planet. Will we be driven by our fear, our insecurities and multiple global challenges that may appear to be irresolvable... believing that the future is out of our control? Or will we collectively decide that it is in our power to harness the power of our intention, the power of our faith, the power we have to choose to believe in a positive future and our overall will power to consciously choose a positive and sustainable future? I believe we will choose to create a positive future that works for everyone. The universal language of universal principles plays a major role in creating a global framework and common ground in which we can live and work together with one another in peace, harmony and abundance.



A native elder tells her granddaughter that we each have two wolves that are fighting inside of ourselves. One wolf is mean and the other is gentle. The granddaughter asks the elder, “Grandmother, which one wins?” The wise grandmother answers, “Which ever one we feed the most.”

– Native Wisdom Teaching

Eliminating Terrorism

The challenge of terrorism is a direct result of people feeling desperate and angry. Poverty and lack of hope are root causes of terrorism. To solve any and all of our global problems, including terrorism, we must address the root causes. As we embark on a journey to create a smoothly functioning global operating system that is designed intelligently and transparently of, for and by The People, the root cause of many problems – the fair and equitable distribution of resources – will be addressed. Those who would commit acts of terrorism in the past will no longer be so disenfranchised and desperate, and the side effects of terrorism caused by widespread poverty will gradually fade away. We can be deeply inspired by the fact that the solution is simple – it’s simple although not necessarily easy. Let the simplicity of the solution be a guiding light, and let us choose to feed the loving gentle wolf with our time, energy and resources.

“These Two Leggeds will be called the Rainbow Tribe, for they are the product of thousands of years of melding among the five original races. These Children of Earth have been called together to open their hearts and to move beyond the barriers of disconnection. The medicine they carry is the Whirling Rainbow of Peace, which will mark the union of the five races as one.”

—From *Other Council Fires Were Here Before Ours*
Jamie Sams

Implications

I believe that if the universal principles in this book are followed diligently and with deep commitment, they will help lead us toward inner and outer peace, happiness and joy. It is important that each of us do what we can to manifest inner peace in our own lives, for we impact the lives of everyone whether we come in contact with them or not. In addition, just as the universal principles can be applied to our individual lives, they can also be applied in every other area of our lives, as individuals and collectively in our institutions.

To be sure, our world is in crisis. To some extent, it always has been. The difference at this juncture in our evolution is that we have the ability to make an extraordinary breakthrough and transformation toward implementing universal principles in all fields of endeavor, including but not limited to business, politics, economics, the media, the government, the legal system, science, health, medicine, culture, spirituality, art, music, ecology, etc. – *on a global scale*. With the advances made in science and technology, we are able to reach literally billions of people in the blink of an eye with a message of commonality, peace, and humanity – all based on the shared principles enumerated in *The Rainbow Bridge*. All we need to do is ask ourselves a few simple questions:

- Are we conscientiously applying universal principles in all areas of our lives as individuals?
- Are we consciously building bridges of understanding between people, religions, races, cultures, businesses, organizations and nations?
- Do our governmental institutions utilize universal principles?
- Does our world of business and commerce operate according to universal principles?
- Do our media organizations implement universal principles?

- Do our financial, educational, scientific, and legal institutions consciously utilize universal principles?

Your answer to these questions may be “no.” But, if you’re reading this book, then one fact is obvious: you want to do something to make a change. Within you is a yearning, even if it’s a small glimmer, for a better world, one in which the traits of integrity, responsibility, authenticity, accountability, respect, honesty, compassion, and love are the core of daily life. All it takes is one step, an individual step, to help bring about that world we are all seeking. And it is important to remember that each step we take, no matter how small or large, contributes toward uplifting all of humanity. That’s how important each of us is—we are an integral light in the vast shining light of consciousness. Individually, we are magnificent. Collectively, we are truly unlimited.

Imagine what life would be like if more people understood and lived by “as you think, so it is... karma is cause and effect... balance and moderation... surrender... acting ‘as if’... the power of thought... discernment... and live and let live.” Just sit for a moment and envision how different the world would be. How would people treat each other? What if we didn’t judge each other but instead saw each of us as a radiant spark of light? What if each of us let go of our fears knowing that change is actually for our own good because there is always more to learn, to investigate and to discover about ourselves, about humanity, about life?

The implications are astounding and within our grasp. As I stated earlier, the principles in this book are simple and simply expressed, though not necessarily easily brought about. The beauty of each of the universal principles is that they *are* simple. Nothing complicated, austere, intellectually challenging—just elegantly and unpretentiously straightforward. And each can be applied in your personal life, with your family, at work, and in your community. All it takes is one step and building on that step day by day.

Life is a mystery. But it’s less of a mystery if we choose to explore beyond the boundaries of what we know, of what we see in front of us, of what we experience with just our five senses. It’s all a matter of what we choose to focus on. Where are your thoughts centered most of the time? Imagine what could happen if we explored beyond our rational self—keeping in mind the universal principles – and applied what we

discovered to business, science, our media, and our culture.

Business:

More and more people worldwide are recognizing and discussing the fact that there are numerous unregulated corporations that focus *only* on the single bottom line of “financial success” that are inadvertently helping to bring about starvation, poverty, and tremendous suffering throughout the world. As a result, the business world is fraught with troubles. One example is the corporate scandals that currently plague America brought about by extraordinary greed, a lack of respect for people, and a complete disregard of universal principles. The negative effect on billions of lives is astounding.

*“Capital as such is not evil; it is its wrong use that is evil.
Capital in some form or other will always be needed.”*

—Mahatma Gandhi

However, what is very exciting to see is that a new heart-centered corporate ethos is emerging from this crisis. It is based on social responsibility and conscious capitalism, a movement toward businesses operating not on just a *single bottom line* of financial success, but on a *triple bottom line*: financial success for all parties involved, environmental protection, and social equity. The global advent of B Corporations and Benefit Corporations, which have mandates to perform in a socially responsible manner, are excellent steps in the right direction. Businesses that wish to align themselves in a socially responsible manner and to serve the common good now have increased resources such as ISO 26000, created by the International Standards Organization. ISO 26000 provides guidance for all types of organizations, regardless of their size or location, on:

1. Concepts, terms and definitions related to social responsibility.
2. Background, trends and characteristics of social responsibility.
3. Principles and practices relating to social responsibility.
4. Core subjects and issues of social responsibility.
5. Integrating, implementing and promoting socially responsible behavior throughout the organization and, through its policies and practices, within its sphere of influence.
6. Identifying and engaging with stakeholders.
7. Communicating commitments, performance and other information

related to social responsibility.

Furthermore, there are a growing number of investment funds that will only invest in companies that adhere to principles of conscious capitalism and social responsibility. All of these developments are very exciting indeed.

“Ethical and responsible behavior needs to become the cornerstone of corporate behavior.”

— Prime Minister of India Dr. Manmohan Singh

Businesses of the future can become fully sustainable and actually flourish economically in the long run if universal principles continue to be incorporated and utilized both on an individual basis with each employee and as an organization within the larger context of global business.

Banking System:

Arguably, the global banking system has allowed humanity to survive up to this point in time. However, it is crystal clear that the current global financial system is going through a serious crisis and needs to be changed. One of the reasons goes back to the lack of a smoothly functioning global operating system. The fact that we have currencies and businesses that compete rather than collaborate with one another is a direct result of having an “us-them” mentality. Once we understand that the world is a completely interconnected and interdependent system, and that we are truly members of one family of people on this planet, we can create a transparent global economic system that is holistic in nature... a system that is sustainable and that serves the common good globally as opposed to the other way around.

“If Congress has the right under the Constitution to issue paper money, it was given to be used by themselves, not to be delegated to individuals or corporations.”

— US President Andrew Jackson

Banks should be more than regular businesses, at their core they should be guardians of The People’s assets. Banks should be socially responsible instruments that serve the needs of The People; entities that serve the

public good. Instead, entities such as central banks are frequently not owned by The People, but often by anonymous private individuals and entities. Although anonymity and lack of transparency might make sense to some bankers, transparency is clearly a more optimal design given the number of people and life forms at stake. This is especially true when a central bank controls the issuance of a nation's currency. Therefore, the current non-transparent central banking model is outdated and should be upgraded along with the rest of the 21st century global operating system.

Government:

There has perhaps never been a more important time in history to incorporate the use of universal principles in all forms of government around the world. Without the conscious use of universal principles, the military-industrial complex that President Dwight D. Eisenhower so astutely warned us about will wittingly or unwittingly continue to exert unwarranted influence. As a reminder of the tremendous wisdom imparted by a sitting US President and a highly respected, highly decorated 5-star general, here is part of his farewell address:

“... In the councils of government, we must guard against the acquisition of unwarranted influence, whether sought or unsought, by the military industrial complex. The potential for the disastrous rise of misplaced power exists and will persist.

We must never let the weight of this combination endanger our liberties or democratic processes. We should take nothing for granted. Only an alert and knowledgeable citizenry can compel the proper meshing of the huge industrial and military machinery of defense with our peaceful methods and goals, so that security and liberty may prosper together...”

For an eye-opening account of what can happen through misplaced power and lack of universal principles, please refer to the NY Times bestseller [*Confessions of an Economic Hit Man*](#) by John Perkins.

Media:

We have some of the world's most sophisticated tools and concepts at hand to disseminate information from television to computers and the Internet to movies, radio, books, newspapers, and magazines. Much of what is focused on, though, highlights the ills of our society and

communities around the world. People seem to have a penchant for gravitating toward the sensational and destructive rather than toward substance and what uplifts. Knowing that, media producers give the public what they seem to clamor for consistently. Yet the impact of the media on people both young and old is tremendous, especially for impressionable young minds that don't have a perspective about what they are taking in. It is amazing to think, though, that when we are young, our view of the world is so different: fresh, awe inspired, inviting, exciting, and simple. Along the way, we lose sight of that initial perspective. We forget that life is a dream, about following our heart, respecting our elders, and that we can step through the looking glass.

What the media and entertainment industry reports on or presents to the public has the ability to influence and create shifts in the perceptions and beliefs of its readers and viewers. What messages are we trying to put across? Are we trying to inspire, uplift, inform, and expand? Or are we just trying to make the greatest amount of money possible by whatever means no matter what the cost to the public?

We owe it to ourselves and our children, to create a new system, one that centers not on the bottom line, but the essential messages grounded in universal principles supporting the highest good for all concerned. Fortunately, media is being redefined in cyberspace... social media is the media of the 21st century.

Science:

There are two main paradigms that are limiting us: (1) we ignore what we cannot see and measure, and (2) we predict future events by relying solely on evidence gained from past events. In context, both are appropriate and applicable. Yet there are times when scientific theory can't explain the phenomena of our lives: manifestation through intention, governing our bodies through thoughtful focus, spontaneous healing and self-healing, telekinesis, remote viewing and remote influencing, out of body and near-death experiences, etc. The power of thought and willpower are simply not taken into consideration and must be in order for science to be complete.

Scientists could make even more extraordinary advancements if they applied universal principles in their work. Simply by recognizing that even just the act of observing something changes an outcome and our perspective is something to be reckoned with, not ignored because it isn't

measurable by scientific standards. Our thoughts – imagination, creative musings, daydreams, visualizations – are the seeds of physical manifestation, as witnessed by the multitude of accomplishments surrounding us, whether personal or public.

Immeasurable by science, but fact nonetheless—we are interconnected in a vast matrix of can't-be-measured consciousness. Science must deal with this, even if we only admit that we are not using all of the data that is available to us. This in and of itself would be a major accomplishment because it would bring this issue to full consciousness.

Culture:

We live in one of the most sophisticated cultures ever developed. The technology, arts, commerce, law, governance, and other institutions we've created are extraordinary. Yet we still suffer from race issues, poverty, violence, inequality, and ignorance. And we still feel the need to use the threat of violence and war as a means to “create peace.” We spend an enormous amount of time, energy, and money on perfecting the instruments of war and protecting what we consider ours, even to the detriment of other peoples and cultures. The matrix of big profits, the push for more resources, global positioning, and materially-based lifestyles have blinded us to a clearer focus – the focus of our commonalities, of sharing and being of service without thought of return, that what we give we shall receive, of taking responsibility and gaining a larger perspective.

We must have an open and earnest dialogue to determine in just what direction we'd like to progress, not in terms of unbridled advancement without thought to the future, but how to go about helping facilitate the creation of a global, wisdom-based culture of peace. It is a major undertaking but it is completely within our capability as spiritual beings having a human experience.

Each of the areas above will be covered in greater depth in separate future volumes that will include concrete examples and practical methods for applying the principles described in *The Rainbow Bridge*. *It is in our best interest* to take in and apply these principles, not only on an individual basis, but in all areas of our life and to share them with others. Examples abound of what can happen when we ignore or set aside these principles. Just look at the strife, unhappiness, conflict, anger, and turmoil in our world today. Do we continue along this path and possibly annihilate

ourselves in the process? Or do we stop, observe ourselves and the outcomes of our actions, and *take action* to create a better world based upon these universal principles?

The Rainbow Bridge is about helping us to choose and to create a better way. In the past, the universal principles listed here have never been put forth in a fashion that was easily accessible or even collected in one book. I have attempted to articulate these principles in a clear and concise manner so as to remove the shrouds of secrecy, ambiguity, or complexity that have for so long kept us from becoming greater versions of ourselves. As I stated earlier, these principles are simple yet may not be easily lived. But, the more we practice living them day by day, the more we will discover just how intrinsic they are to our Being.



*“If you are not fulfilled, it may be because
you are not pursuing your destiny.”*

– Anthony Chisom

What is Your Life Purpose?

Do you understand why you are here at this critical time in history? What is your legacy? Could it possibly be that it is to be of service to something outside of yourself, something much larger than your individual ego? I believe on some level all of us feel a deep calling to be of service to humanity and just might not know what to do. If you have resonated with this book, perhaps your destiny is already interlinked with being “on The Rainbow Bridge”. Talk about The Rainbow Bridge and universal principles with your friends and family, and know that it is real; it already exists.

Why are we here?

To love, bless, inspire and uplift one another.



*“If the success or failure of this planet and of human beings depended on
how I am and what I do, how would I be?
What would I do?”*

– Buckminster Fuller

A Call to Action

If you feel a call to find your own inner peace and to help facilitate world peace using the universal principles of The Rainbow Bridge, please share it with your friends, family, colleagues, social networks, newspapers, television stations and give it away as a gift. This is extremely important – how can we all be on the same page as a global family if we’re not reading the same book?

*“Rome is burning, son! The problem is with us, all of us
who do nothing, who just fiddle... who try to
maneuver around the edges of the flame.”*

— From the movie [*Lions for Lambs*](#)

In addition, you will find benefit in reading this book at least a few times, as each time you will see and understand things differently. Listen to the audiobook on your computer, on your mobile device or on CD. Go to <http://www.TheRainbowBridge.org> to engage in conversation and dialogue, and to network and collaborate with many other people. Pick at least one meditation and practice daily for at least 20 minutes or as much as you can (you can start at 5 minutes and work your way up to 20 or more minutes if you desire).

We are being called to deliberate action right now. We have a responsibility to leave the world a better place than we found it. If you feel a call to be “on The Rainbow Bridge”, perhaps assisting with The Rainbow Bridge Foundation, please send us a message at Support@TheRainbowBridge.TV . The Rainbow Bridge Foundation also gratefully accepts tax-deductible donations through our website.

*“The only thing necessary for the triumph of evil
is for good men to do nothing.”*

– Edmund Burke

We want as many people as possible to have access to The Rainbow Bridge book regardless of their financial means. If you want to be part of the team that facilitates the distribution of complimentary copies of The Rainbow Bridge in schools, libraries, community centers, orphanages, child care centers, foster care homes, homeless shelters, hospices, retirement homes, meditation centers, community mental health centers, juvenile detention centers, rehabilitation centers, and prisons, please send us a message at Distribution@TheRainbowBridge.TV . People, organizations and businesses may purchase mass copies of The Rainbow Bridge at as little as 10% above cost. Special customization which acknowledges the donor is also possible.

In order to help people learn about universal principles in a fun, entertaining and yet educational manner, we have created The Rainbow Bridge Game of Life board game which will be available for distribution in 2012. Please stay tuned to our website for further updates.

If your interest was piqued by something you read in this book, such as being involved in the creation of an International Magna Carta, the World Peace Plan, setting up brother and sister cities worldwide, planting trees, helping to envision the future we wish to create, helping to create the new global operating system, transportation, bridge and road-building projects, educational projects, housing and community center projects, food, water, clean energy, and environmental projects or anything else, please visit our main website as well as the Earth Communications Center, which is currently in development.

“You must be the change you wish to see in the world.”

— Mahatma Gandhi

Join the movement for peace by connecting with The Rainbow Bridge on about multiple social networks to spread goodwill:

Main website: <http://www.TheRainbowBridge.TV>

Come join the global network for harmony, reconciliation and unity, and for the conscious evolution of humanity!

*“There is one thing stronger than all the armies in the world,
and that is, an idea whose time has come.”*

— Victor Hugo



Quotations

For Inspiration on Your Journey

A Dream of Peace

“And God says, I have a dream. I have a dream that all of my children will discover that they belong in one family – my family, the human family – a family in which there are no outsiders. All, all belong, all are held in the embrace of this one whose love will never let us go, this one who says that each one of us is of incredible worth, that each one of us has their name written on the palms of God’s hands. And God says, there are no outsiders—black, white, red, yellow, short, tall, young, old, rich, poor, gay, lesbian, straight – everyone. All belong. And God says, I have only you to help me realize my dream. Help me.”

— Archbishop Desmond Tutu



The Rainbow People

“There is truth in the prophecies of the Rainbow and the Rainbow people. People from all of the Americas will unite with people from all the other nations, and they will realize that we are all Family, brothers and sisters. This is not my personal vision, but the cosmic vision presented by all the elders, a vision that we all share.”

– Don Alejandro Cirilo Perez, President of the Maya Elders Council in Guatemala, keeper of the calendar and the prophecies of the December solstice of 2012



Brilliance

“Our biggest fear is not that we are inadequate.

Our deepest fear is that we are powerful beyond measure.

It is our light, not our darkness, that most frightens us.

We ask ourselves, who am I to be brilliant, or gorgeous or talented or fabulous? Actually, who are you NOT to be?

You are a child of God.

Playing small doesn't serve the world.

There's nothing enlightened about shrinking so that other people won't feel insecure around you.

We were born to make manifest the
glory of God that is within us.

It's not just in some of us; it's in every one of us.

And as we let our own light shine, we unconsciously
give other people permission to do the same.

As we are liberated from our own fear, our presence automatically
liberates others.”

– From *[A Return to Love](#)*,
Marianne Williamson



Your Journey Has Just Begun

“Perfection is being right.
Excellence is willing to be wrong.

Perfection is fear.
Excellence is taking a risk.

Perfection is anger and frustration.
Excellence is powerful.

Perfection is control.
Excellence is spontaneous.

Perfection is judgment.
Excellence is accepting.

Perfection is taking.
Excellence is giving.

Perfection is doubt.
Excellence is confidence.

Perfection is pressure.
Excellence is natural.

Perfection is the destination.
Excellence is the journey.”

– From [*You're The Greatest*](#),
Francis Xavier Maguire



Ending War

“Unconditional war can no longer lead to unconditional victory. It can no longer serve to settle disputes. It can no longer be of concern to great powers alone. For a nuclear disaster, spread by winds and waters and fear, could well engulf the great and the small, the rich and the poor, the committed and the uncommitted alike. Mankind must put an end to war or war will put an end to mankind.”

– US President John F. Kennedy



An Organized Common Peace

“The dream of a world united against the awful wastes of war is ... deeply embedded in the heart of humanity ... and there must be, not just a balance of power, but a community of power; not organized rivalries but an organized common peace.”

– US President Woodrow Wilson



Let There Be Peace

“Let there be peace and love
between all beings of the universe.

Let there be peace.

Let there be peace.

Om Shanti, Shanti, Shanti”.

– Sri H. W. L. Poonja (Poonjaji or Papaji)

The Wikipedia definition of Shanti is:

Shanti, Santhi or Shanthi means peace,
rest, calmness, tranquility or bliss.



The Prophecy of the Eagle and the Condor

“There is a long-told legend and prophecy that says that in the beginning all the people were united as one, but that many years ago they divided into two groups, each group following a different path.

One group, known as the Eagle, were highly scientific and intellectual. The other group, the Condors, were highly attuned to nature and the intuitive realm. These two groups continued along their own paths becoming further evolved in their own ways. It was prophesized that both groups would eventually come to a point where their very existence was threatened.

Thus, the Eagle people — those of the intellect and the mind — will have reached a point in their development of their scientific knowledge and technology, and their ability to build and construct so well that it would bring tremendous material wealth but at the same time they would be so spiritually impoverished that their very existence would be at risk.

At the same time the people of the Condor — people of the heart, the spirit, who are deeply connected to the natural world — would become highly developed in their intuitive skills, and in their understanding of the spiritual realm. At the same time they would be hungry and impoverished for knowledge that would enable them to be successful in the material world.

The prophecy continues by saying that now is the time for the Eagle people and the Condor people to reunite, to remember that they are actually one people with a common origin. It is time for the eagle and the condor to fly together in the spirit of partnership and collaboration. Neither the eagles nor the condors will survive without this collaboration, and from this new partnership will emerge a new consciousness that will result in a sustainable future for all.”

– From [*The Soul of Money*](#),
Lynne Twist



Salutation of the Dawn

“... For yesterday is but a dream and tomorrow is only a vision, but today well-lived makes every yesterday a dream of happiness and every tomorrow a vision of hope...

Look well, therefore to this day!

Such is the salutation of the dawn.”

– Kalidasa



Child of The Universe

“I am a child of the universe –

With the glitter of my life, I travel through black,
velvet space, and the gates of time –

I am a star, awoken from its sleep, by the
longing cries of mankind’s dreams –

Dreams of harmony, love and a child of the universe...”

– From *A Child of the Universe*
Ralph-Armand Beck (DJ Taucher)



Persistence

“Nothing in the world can take the place of persistence.

Talent will not; nothing is more common than
unsuccessful men with talent.

Genius will not; unrewarded genius is almost a proverb.

Education will not; the world is full of educated derelicts.

Persistence and determination alone are omnipotent.”

– US President Calvin Coolidge



Perseverance

He failed in business in 1831.

He was defeated for State Legislator in 1832.

He tried another business in 1833. It failed.

His fiancée died in 1835.

He had a nervous breakdown in 1836.

In 1838, he ran for Congress and was defeated.

He tried again in 1839 and was
defeated again.

He tried running for the Senate and lost.

The next year, he ran for Vice President
and lost.

In 1859, he ran for the Senate again and was defeated.

In 1860, the man who signed his name

Abe Lincoln

was elected

President of the United States



The Serenity Prayer

“God, give us grace to accept with serenity
the things that cannot be changed,
courage to change the things which should be changed,
and the wisdom to distinguish the one from the other.”

– Dr. Reinhold Niebuhr/Friedrich Oetinger



Deep Vitality

“Seek out that particular mental attribute which makes you feel most deeply and vitally alive, along with which comes the inner voice which says, ‘This is the real me’, and when you have found that attitude, follow it.”

– William James



**We Don't Need the Answer to
Every Question Right Now**

“You don't have to see the whole staircase,
just take the first step.”

– Martin Luther King, Jr.

“Go as far as you can see; when you get
There you'll be able to see farther.”

– Thomas Carlyle



Taking Action

“It is not enough to stare up the steps,
we must step up the stairs.”

– Vaclav Havel



Don't Miss Out on a Blessing

“Don't miss out on a blessing because it's not packaged the way you expect.”

– Anonymous



Whose Job Is It?

“There was a story about four people named Everybody,
Somebody, Anybody and Nobody.

There was an important job to be done and
Everybody was asked to do it.

Everybody was sure Somebody would do it.
Anybody could have done it, but Nobody did it.

Somebody got angry about that, because it was Everybody's job.
Everybody thought Anybody could do it but Nobody realized that
Everybody wouldn't do it.

It ended up that Everybody blamed Somebody when Nobody did what
Anybody could have done.”

– Anonymous



An Open Secret

“Why are so many people talking about life and death – especially death? Why is it considered so important to know all about death – is it to prepare ourselves and our loved ones for the afterlife? It’s hard enough to live in this reality while focusing on life let alone learning anything about death. And therein lies the secret. An open secret.”

– From [*The Rainbow Bridge*](#):
Universal Book of Living, Dying and Dreaming (2nd Edition)
Brent N. Hunter



All Truths Pass Through Three Stages

“1st: It is ridiculed

2nd: It is violently opposed

3rd: It is accepted as self-evident”

– Schopenhauer



The Invitation

“It doesn’t interest me what you do for a living.

I want to know what you ache for, and if you dare to
dream of meeting your heart’s longing.

It doesn’t interest me how old you are.

I want to know if you will risk looking like a fool for love,
for your dream, for the adventure of being alive.

It doesn’t interest me what planets are squaring your moon.

I want to know if you have touched the center of your own sorrow,
if you have been opened by life’s betrayals, or have become shriveled and
closed from fear of further pain.

I want to know if you can sit with pain, mine or your own,
without moving to hide it or fade it or fix it.

I want to know if you can be with joy, mine or your own; if you can dance
with wildness and let the ecstasy fill you to the tips of your fingers and
toes without cautioning us to be careful, to be realistic, to remember the
limitations of being human.

It doesn’t interest me if the story you’re telling me is true.
I want to know if you can disappoint another to be true to yourself.

If you can bear the accusation of betrayal
and not betray your own soul.

If you can be faithless and therefore trustworthy.

I want to know if you can see beauty, even when it’s not pretty,
every day, and if you can source your life from its presence.

I want to know if you can live with failure, yours and mine, and still stand
on the edge of the lake and shout to the sliver of the full moon, “Yes!”

It doesn't interest me to know where you live
or how much money you have.

I want to know if you can get up, after the night of grief and despair,
weary and bruised to the bone,
and do what needs to be done to feed the children.

It doesn't interest me who you know or how you came to be here.

I want to know if you will stand in the center of the fire
with me and not shrink back.

It doesn't interest me where or what or with whom you have studied.

I want to know what sustains you, from the inside, when all else falls
away.

I want to know if you can be alone with yourself and if you truly like the
company you keep in the empty moments.”

– From [*The Invitation*](#)
Oriah Mountain Dreamer



Deep Wisdom

“Those who know, do not speak;
those who speak, do not know.”

– Tao Te Ching



One Earth, One People

The Original Plan of Creator, Life-Giver:

That we are One People, on One Earth;

That all life is sacred;

That the Earth is sacred;

That we must cherish and protect our Mother Earth,
Father Sky above and Sacred Oceans below;

That the Four Races of Mankind will Live in Harmony with all Living
Things, so that as many as Seven Generations to follow each Generation
(Our Future Generations) will Live.

The Seven Eagle Feathers represent these Future Generations and our
Sacred Ceremonies.

These sacred Feathers carry our prayers to God; Whom we call
Grandfather, Wakan-Tanka, Tunkashila:

That All Our Relations May Live.

It is One Prayer:

PEACE

— Laynee Bluebird



The Best Way to Predict the Future

“The best way to predict the future
is to create it.”

– Peter Drucker



We Are One

“At the level of consciousness,
humanity is One.”

– Yogiraj Satgurunath Siddhanath



Bliss

“Follow your bliss.”

– Joseph Campbell



The Sun Is Always Shining

“The sunshine is always shining
above the clouds.”

– Brent Hunter



Making Peace With Your Enemies

“If you want to make peace with your enemy, you have to work with your enemy.
Then he becomes your partner.”

– Nelson Mandela



Hope

“Hope is like a road in the country. There was never a road but when many people walk on it, the road comes into existence.”

– Lin Yutang



You Are Here to Change the World

“Inside of you is a magnificence that’s waiting to reveal itself, that’s waiting to make a difference. There’s an evolutionary impulse in every cell of your being. Wanting to come forth, wanting to be shared, wanting to shift, wanting to make a difference, wanting to be a contribution...

There is a power within you that is here to shift the face of this planet, and the way we live with one another... forever.

The time to allow that magnificent, infinite power to shine forth, to shine through you, is *now*. The power to change you and this planet is within you. Slow down and look within. *You are needed, now. You are here to change the world.*”

– Panache Desai



The Future Is Knocking On Our Door

“The future is knocking at our door right now. Make no mistake, the next generation *will* ask us one of two questions. Either they will ask: ‘What were you thinking; why didn't you act?’

Or they will ask instead: ‘How did you find the moral courage to rise and successfully resolve a crisis that so many said was impossible to solve?’

We have everything we need to get started, save perhaps political will, but political will is a renewable resource.

So let us renew it, and say together: ‘We have a purpose. We are many. For this purpose we will rise, and we will act.’”

– US Vice President Al Gore,
2007 Nobel Acceptance Speech



Prophecy of The Rainbow Bridge

During a time of great darkness, the Earth's waters will be dirty, the air polluted, the land ravaged and filled with warring peoples. During this time of unrest and sadness, a great new wind from the land of the Eastern Sun will blow across the land worldwide.

People of all colors will come together in the spirit of love, compassion, peace, unity, reconciliation and understanding, with respect for the sanctity of all life, the sanctity of nature and the sanctity of the Earth herself.

These humble and courageous people in all corners of the world will be known by many names: Rainbow Warriors, Light Warriors, Rainbow Children of God, Light Workers, Rainbow Tribe, Peaceful Warriors ... they will come together and resolve their mutual problems as adults, with the recognition that they are guardians of a positive future and are caretakers of the Earth for all future generations.

These people of many colors will share their universal truths with one another from their hearts, and they will see that their truths are all the same, but with different names and forms. The medicine they carry is the Whirling Rainbow of Peace, and it will connect their heads and their hearts, and it will connect them to one another. These multi-colored people will come together in the spirit of unity amidst their diversity, they will spread a wave of love, compassion, wisdom, peace and harmony, they will help restore balance in all areas of life, and they will help change the face of the world forever.

By coming together as one family while following their common truths, they will walk across a bridge in time together – The Rainbow Bridge to Peace.



The Rainbow Bridge Vision

- The Rainbow Bridge book illuminates the common ground in all religions and receives distribution worldwide. It is translated into numerous languages and formats.
- The Rainbow Bridge Initiative continues with a series of books, systematically applying the universal principles found in The Rainbow Bridge in a variety of fields in concrete and practical ways.
- To help our sisters and brothers in need, a large number of corporate, organizational and individual sponsors purchase copies of The Rainbow Bridge for free distribution in schools, libraries, orphanages, child care centers, foster care homes, homeless shelters, hospices, retirement homes, meditation centers, community mental health centers, juvenile detention centers, rehabilitation centers, and prisons.
- A rainbow-colored tribe of people from all walks of life from all corners of the world comes together in the spirit of creating more cooperation, harmony, understanding, reconciliation, happiness, unity and abundance worldwide.
- A grassroots global phenomenon is created. A massive “network of networks” mobilizes to take part in conversations and dialogues that lead to greater understanding and appreciation of each other worldwide.
- The Rainbow Bridge helps accelerate the transformation of business and commerce using heart-centered, socially responsible business practices.
- A large, online presence is created to facilitate communication, dialogues and greater understanding of other peoples, cultures, and ways of life worldwide. It is literally a portal to a new world.

- A fun and entertaining board game is distributed that allows people all over the world to explore universal principles.
- An interactive television series is broadcast in major cities worldwide.
- A major mainstream movie sweeps the planet, spreading a wave of goodwill, inspiration and excitement around the world.
- Additional physical Rainbow Bridges are built around the world, especially in conjunction with international friendship-oriented brother and sister city programs.
- The Rainbow Bridge World Peace Plan using universal principles is implemented, which helps to transform our current global economic system based on competition to a global economic system based on collaboration, partnership and harmony.

People come together to be involved in helping implement the World Peace Plan, to create an International Magna Carta, to plant trees, to set up brother and sister cities worldwide, to create the new global operating system, to facilitate transportation, bridge and road-building projects, educational projects, housing and community center projects, as well as food, water and clean energy projects, celebrations and more.

The Rainbow Bridge World Peace Plan helps to bridge the gap between our old system that is slowly disintegrating to a new system that works for all people everywhere.

- To the astonishment of many world citizens, the world enters an unprecedented era of peace, harmony, and abundance.

*“You never change things by fighting the existing reality.
To change something, build a new model*

that makes the old model obsolete.”

— Buckminster Fuller



Dedication

This book is dedicated to the children of the world, to whom the future truly belongs. May The Rainbow Bridge lead us to a future that is filled with peace, harmony, abundance and joy.

Acknowledgements

Writing a book requires the support and assistance of numerous people. My deepest heartfelt thanks, appreciation and gratitude go to many people, way too many to list here. In addition to everyone I previously acknowledged in the first and second editions, I wish to express deep appreciation for my beloved partner Dea Shandera, who not only provided daily love, inspiration and support, but also generously shared her heart and soul by reading the manuscript numerous times, patiently sharing ideas and suggestions for making it more readable. Your love and support were invaluable in manifesting this edition and this phase of The Rainbow Bridge.

I also give special thanks to all of my brothers and sisters worldwide who came before me, for we truly stand on the shoulders of the giants who have come before us.

Contact Information

To order additional books or to contact the author:²

The Rainbow Bridge Foundation
Spirit Rising Productions
2261 Market Street, #637
San Francisco, CA 94114

Los Angeles: 310-341-3672
San Francisco: 415-462-1538
Chicago: 312-423-7870
New York: 718-715-0859
Mexico City: 52-555-351-4557
London: 020-3002-0564
FAX: 800-872-6703
Web: www.TheRainbowBridge.org
Email: Support@TheRainbowBridge.TV

Copies of the paperback edition are \$11 plus \$2.50 shipping and handling per book. Copies of the deluxe hardcover edition are \$24.95 plus \$4.00 shipping and handling per book.



About the Author



An author, IT consultant, social media pioneer, international networker, producer, National Certified Counselor and former psychotherapist, Brent Hunter is the founder of the first and largest Internet-based global community called “The Park,” with more than 700,000 members in 190 countries worldwide. Through the amazing Park Odyssey, which he is now chronicling in a separate book, he learned some of what it means to be a human.

Brent was born part Muslim and part Jewish, and was brought up as a Christian. He currently studies and lives by an integrated set of life principles including Bahai’i, Buddhist, Christian, Confucian, Earth-based, Hindu, Islamic, Jewish, Native American/Indigenous and Taoist traditions. Brent believes that all paths are divine and must be equally respected in order for the world to become a significantly better place for all of our brothers and sisters worldwide.

Brent received a B.S. in Math and Computer Science from Clarkson University, an M.S. in Counseling and Human Relations from Villanova University and the equivalent of an M.S. in Information

Systems after he graduated from the General Electric Company’s fast-track Information Systems Management Program.

Brent is a National Certified Counselor, an Eagle Scout, a graduate of the U.S. Army Airborne School, and is involved with a number of global civic organizations, including a past position in the United Nations Association of the US as the Vice President of Communications in the Northern California Division. He is also the author of *The Pieces of Our Puzzle: A Multi-Faceted Approach to Personal Health and Well Being*

and the upcoming *Grandfather of Social Networks: The Park Odyssey*.

After being born in Brooklyn, NY and living in Upstate New York, Philadelphia, Chicago and San Francisco, Brent currently lives, plays, and works in Los Angeles. Orion, whose picture was on the back cover of the 2nd edition, peacefully passed over The Rainbow Bridge on April 23rd, 2009.



Orion (2000-2009)

Conscious Intentions

May you, all your relations and all beings everywhere be showered with love, compassion, wisdom, happiness, joy, peace, bliss, ecstasy, appreciation, dedication, devotion, commitment, abundance, prosperity and pleasure... now and in all times.

May peace, abundance and joy return to Earth.



From My Heart

All My Relations

Epilogue

Was this book too simple? Did it feel like it was just for beginners? If so, welcome to the crowd. And don't forget that *life is not always as it appears*.

It is not by chance that you are reading this book. Now that you have it in your hands, *keep it and read it again from time to time*, and don't be surprised if you start to see it in a different way each time you read it. Flip it open to a random page to see what message synchronistically appears... and remember that it is not accidental.

Most of all, don't be surprised if you start to see yourself as a beautiful character in a dream waking up to the concept that *you are much more than the character you play in this dream of life...*



*You are now on the next
page of your life and
you are already there...*



¹ The best we've got is The United Nations but many major systemic changes are still needed for it to be a fully operational, non-biased global operating system, including a way for The People to have their voices heard.

² As of the publication of this book, The Rainbow Bridge Foundation is a non-profit project of The International Humanities, a 501 (C) (3) tax exempt organization.